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Your essential daily news | **WEDNESDAY, SEPTEMBER 23, 2015** High 23°C/Low 10°C Sunny days are here to stay  

Council puts pedal to metal

TRANSPORTATION
City votes to keep up efforts to improve bridge for bikes



Halifax city council voted unanimously Tuesday in favour of a report that recommends staff continue looking at ways to make the Macdonald Bridge more bicycle-friendly.

The report highlights the issues with access to the bike lanes and presents alternatives.

The continued planning and community engagement is estimated to cost \$50,000 to \$100,000, but the work itself could cost \$2 million.

"It is a significant cost, but not when you look at the overall

cost of all of our road network building and the redecking of the bridge," Coun. Jennifer Watts said after Tuesday's meeting. "Let's get it done."

Watts said she was surprised by the level of support for the plan, but noted that the true cost isn't yet known.

Watts was concerned with one part of the report that said the money would likely eat up the rest of the funds set aside for the city's Active Transportation Plan — meaning the only bike lanes getting any upgrades would be the ones on the bridge.

"This is a standalone project, and we can find funding to support this specific project without going into our commitment right now," she said.

Watts also tabled an amendment that will see the issue back in front of Halifax Regional Council by spring 2016, meaning work could be completed by the fall of 2017.

Let's get it done.
Coun. Jennifer Watts



Vasilis Vasilis carves a chunk of granite on the Halifax waterfront on Tuesday. The finished sculptures will be highlighted at Nocturne: Art at Night on Oct. 17.

ART OF STONE

SCULPTURE NOVA SCOTIA SYMPOSIUM PUTS MASTERWORKS IN PUBLIC SPACES

JEFF HARPER/METRO



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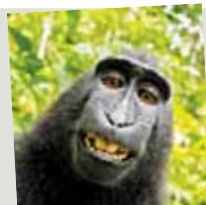


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Mall facelift worth \$7M

SCOTIA SQUARE

Plans include glass facade, 20,000-sq.-ft. expansion



Haley Ryan
Metro | Halifax

Scotia Square's \$7-million facelift will bring a "wow factor" to downtown, the mall's owners are hoping.

On Tuesday, Crombie Real Estate Investment Trust said they would begin renovations to the downtown mall in early October that will see facade upgrades and 20,000 square feet of space added to the complex.

"It'll be a nice, fresh change when you come up over the Cogswell interchange," said Crombie spokeswoman Elizabeth Engram.

"I think that'll be kind of a wow factor as you drive into the downtown."

Engram said the project will take about a year to finish and will turn the Barrington Street facade into one of glass, but visitors won't notice much construction going on inside the mall right away.

The biggest thing people will notice will be a hoarding wall between Tim Hortons and McDonald's while work is done on the outside, Engram said.

The upgrades will add about 20,000 square feet to



The design shows proposed upgrades coming to the retail scene in downtown Halifax. CONTRIBUTED



We think it's about time.

Elizabeth Engram, Crombie spokeswoman on the upcoming renovations

the existing two million-

square-foot complex, Engram said, and likely include restaurant and office space, although no tenants have been confirmed.

Once completed, Engram said people will enter Scotia Square at ground level on Barrington Street where the concrete stairs are now, then travel up escalators and

elevators to the centre court which will become an open common area.

While the food court level and floor above that will be expanded, Engram said most of the new space comes from the ground level of Barrington where picnic tables are now.

"It's outdoor space but it's

kind of a wasted area, you can't really do a whole lot there," Engram said.

"(The mall) will pretty much come out right to the sidewalk."

The estimated \$7 million upgrade represents the latest phase of a \$10-million overhaul of the Scotia Square complex.

+ RENOVATIONS

Bus stop will be moved

Due to the upcoming Scotia Square renovations, some transit users will see their regular bus stop relocated and routes moved around.

On Tuesday, city spokeswoman Tiffany Chase said the current Link bus stop on Barrington Street at the foot of the stairs leading to Scotia Square will be moved south to a temporary spot about 100 feet away from the Cogswell intersection.

"There won't be that much room for buses to stop there so that's why they'll have to take some of the routes that currently stop there and move them," Chase said.

Halifax Transit will redistribute the routes between the main stop on Barrington near Duke Street, the temporary stop, or one on Duke, Chase said.

The main Scotia Square stop near Duke can't handle every route being added there since it's "at or over capacity right now," Chase said.

Chase said a signpost will be installed at the temporary location "sooner rather than later" before notices are also added to all affected bus stops in the area.

Passengers will be notified when the changes take effect at halifax.ca/transit or on Twitter at @hfxtransit.

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GREEN SPACE NEW BOAT ON THE BLOCK A scale model of the HMCS Sackville floats along the water at the Halifax Public Gardens on Tuesday. The model is a recent addition to the lake there, which also houses a model of the Titanic. JEFF HARPER/METRO

Quarry plan disgusts councillor

FALL RIVER

Province approves site a week ahead of announcement



Zane Woodford
Metro | Halifax

A Halifax city councillor says he's "disgusted" by the province's decision to approve a controversial quarry in his district.

The Nova Scotia Department of Environment announced Tuesday it's given approval to Scotian Materials to operate a quarry under four hectares near Fall River, though the province approved the project last week.

Coun. Barry Dalrymple said Tuesday he heard rumours about the decision Monday afternoon when calls and emails started "flying in" from constituents.

"They are unanimously frustrated," the area councillor said, especially with regard

to how they found out.

"Just as everything dealing with this quarry, that part of it stinks, too."

Dalrymple is especially concerned the approval went forward without input from him, the area MLA or the minister of environment.

A news release from the province said projects of this size don't require ministerial approval.

Fellow councillor Matt Whitman shares Dalrymple's concern for the precedent this may set.

"I'm discouraged and really dissatisfied with what happened in Fall River, and very concerned for Tantallon," he said, referring to a proposed asphalt plant in his district.

The concern with the Fall River quarry is that it could contaminate water in nearby Miller Lake, and many people in the area have been vehemently opposed to it for years.

The province's approval comes with conditions that the company monitor ground and surface water and dust, and limit noise and dust.

Dalrymple said the company is looking to build an



"We're not going to give it up, I'm not going to give it up. This is wrong on every level and in every way."

Coun. Barry Dalrymple

extraction facility and concrete plant, and they'll have to come to the city for rezoning.

"But then again, with this company, they find so many back doors and back ways to do things, maybe they'll go to the province or somebody for

that as well," he said.

In the meantime, Dalrymple said both the city and a group of people in Fall River have applied to appeal the approval in the Supreme Court of Canada — a process he expects could take as long as six months.

+ CITY HALL QUICK HITS

Graffiti

Halifax city council voted Tuesday to say goodbye to graffiti on municipally owned property.

Council awarded a contract for removing graffiti from structures like bus shelters, benches and city buildings on the peninsula over the next three years to Goodbye Graffiti Halifax.

The company was the only one to bid on the project, and has held it for the previous three years as well.

The company will get a total of \$581,915.88 — taxes in — from the city for identifying, documenting and removing the graffiti.

As part of the contract, Goodbye Graffiti will remove all "hate, racial and politically motivated" graffiti anywhere in the municipality, even on private property.

Residents can report instances of graffiti by calling 311.

Reversing lanes

Halifax city council will once again debate the merit of reversing lanes on the Bedford Highway at its next meeting.

The idea is to install a reversing lane on the Bedford Highway from Kearney Lake Road to the Fairview Interchange, running inbound in the morning, and outbound in the evening.

The issue was last before council in March, when staff tabled a report saying there would be "little, if any decrease in traffic delay in the morning peak" inbound. Despite those concerns, council voted to have staff look at the cost and implications of the plan.

The report in front of council for the next meeting says hiring an engineering firm to analyze the idea will cost between \$40,000 and \$50,000, and council could vote to go ahead with putting out a request for proposals for that analysis.

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HOME FOR CHRISTMAS JUNO AWARD WINNER TO DELIVER HOLIDAY CONCERT Popular Canadian singer Measha Brueggergosman is bringing some Christmas spirit to Halifax this December. Sonic Concerts announced the soprano will return to the Rebecca Cohn Auditorium with her Christmas With Measha Brueggergosman concert on Dec. 15 at 8 p.m. Tickets go on sale Friday at noon, and are \$31.50 in advance and \$36.50 the day of the show. They will be available at the Dalhousie Arts Centre box office, by phone at 494-3820, and online at sonicconcerts.com. CAMERON SPENCER/GETTY IMAGES

Couple cashes in on \$1M lotto prize

SCRATCH 'N WIN

Winning ticket purchased in Falmouth, N.S.



Stephanie Taylor
Metro | Halifax

One couple in Nova Scotia has a million reasons to smile.

Randall and Sharon Sellars of Falmouth are the most recent winners of Atlantic Lottery's Scratch 'N Win, cashing in their prize of \$1 million.

"Our ship just came in," Randall Sellars, a retired instructor from Nova Scotia Community College said in a release issued Tuesday.

The two met while instructors at the school and were married in 2002.

He said he scored the million-dollar prize after he scratched a boat symbol on his lottery ticket and relayed the good news to his wife, who thought it was a joke.



Married duo Randall and Sharon Sellars collect their cheque from the Atlantic Lottery Corporation. CONTRIBUTED

"I just kept looking and looking" Sharon Sellars said in Tuesday's release.

The couple plans to spend their winnings on paying off bills, buying a new vehicle and sharing some cash with their families.

They also have their sights set on Cuba, Europe and some national sights around Canada as possible travel destinations.

"All the things you talk

about, and then retirement and what you'll do — now they'll just happen sooner," Sharon Sellars said.

Tuesday's release said the Sellars are the first \$1 million prizewinner from Atlantic Canada.

The winning ticket was purchased at Circle K in their hometown, and will receive and one per cent seller's prize.



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Curtain about to come down on another AFF

FILM FESTIVAL

Two days left to catch some unique movies here in Halifax



Haley Ryan
Metro | Halifax

This year's Atlantic Film Festival (AFF) may be in the home stretch, but there's still an "embarrassment of riches" to come on screen.

Wayne Carter, executive director of AFF, said the 35th annual festival kicked off with a strong opening weekend with "lots of attendance" and consistent ticket numbers that officials were happy with.

"It's really keeping the momentum going, and keeping the general public interested in what we're doing," Carter said.

"There's an embarrassment of riches for the remainder of the festival."

While last Thursday's Hyena Road received a standing ovation, Room also drew a huge crowd Sunday night just hours after it landed the People's Choice Award at the Toronto International Film Festival (TIFF).

"That really helped," Carter said. "We had a huge rush on tickets just before the film."

+ MORE INFO

Go to atlanticfilm.com for a full schedule and ticket information.



Beeba Boys, directed by Deepa Mehta, screens Thursday at 7 p.m. CONTRIBUTED

Highlights for Wednesday include Dheepan, which follows Sri Lankan refugees in Paris and won the Palme d'or at Cannes, and Grandma, starring Lily Tomlin as an unconventional senior.

Also on Wednesday is a moving LGBTQ film called North Mountain about aboriginal men finding each other in the wilderness, and Labyrinth of Lies where a German



Our box office is our most important revenue generator.

Wayne Carter, executive director of AFF

prosecutor in 1958 begins to unearth evidence against SS members.

"Our box office is our most important revenue generator," Carter said.

"We really look to the pub-

lic to ... say, 'We really appreciate that the film festival is here,' and the best way to do that is to buy a ticket."

The final night of AFF on Thursday includes the inspirational documentary Dark

Horse, which tells the story of the residents of a former mining village in Wales who decide to take on the sport of the upper classes and breed a star racehorse.

Carter said the closing gala Thursday is Beeba Boys, an Indo-Canadian gang film made by Deepa Mehta, one of the country's most talented directors who will also be in Halifax for the screening.

MISSING BOATER

RCMP recover body

RCMP divers have recovered the body of a 46-year-old man who fell out of a boat in a lake in southwestern Nova Scotia. The divers found the man's body at about 6 p.m. Tuesday in an area close to where he was last seen in Gavel Lake.

Police say they responded to a 911 call from a construction crew working on a bridge who saw a man fall out of his small motorized boat earlier in the day, at around 9 a.m.

Investigators say the man struggled to remain at the surface of the water as another man on the shore launched his rowboat to attempt a rescue.

After that, both the rescuer and the construction crew eventually lost sight of the man.

Police are not treating the death as suspicious, but are continuing to investigate.

THE CANADIAN PRESS



IN BRIEF

Dozens charged with DUI

Halifax police charged 60 people for driving under the influence last month. The stats released Tuesday showed 47 men and 13 women, ranging in age from 19 to 65 years old, were charged with offences.

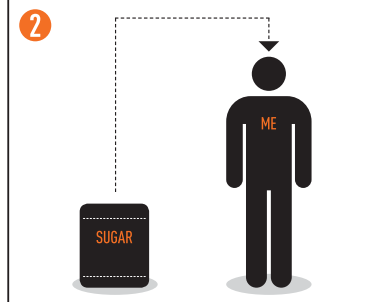
Of the 60 cases, police said 27 drivers were impaired with readings more than twice the legal limit of 80 milligrams of alcohol in 100 millilitres of blood, and three had readings three times the limit.

Also, 15 drivers were given licence suspensions for having a blood alcohol level between 50 and 80 milligrams of alcohol in 100 millilitres of blood. METRO

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'Brutal and vicious attack'

MANSLAUGHTER

Lobster fisherman sentenced to 10 years in prison

Dwayne Matthew Samson has been sentenced to 10 years in prison for his role in the death of Philip Boudreau two years ago.

Nova Scotia Supreme Court Justice Simon MacDonald imposed the sentence on the D'Escousse man in Port Hawkesbury Thursday, less 103 days credit for time that Samson served on remand prior to his release on bail.

MacDonald found that Samson, 45, played a significant role in the events on the day that Boudreau died in June 2013 in the waters off Isle Madame, including introducing the gun into the situation.

"This went way beyond scaring ... This was a brutal and vicious attack on Mr. Boudreau, made all the worse by towing his body to sea and leaving it there," MacDonald said. He added he believes Samson



Dwayne and Carla Samson are seen at the Nova Scotia Supreme Court in Port Hawkesbury in Cape Breton on Monday. CAPE BRETON POST

is unlikely to again find himself facing charges before this court, and he wished him luck but, "you can't take the life of another person like that."

As the sentence was read and Samson was led from the

courtroom, his wife Carla, who at one point was facing a charge as an accessory after the fact in the case, burst into tears. Throughout the hearing, Dwayne Samson sat calmly, paying careful attention to the

proceedings.

Samson will also be subject to a lifetime firearms ban and must provide a DNA sample to the national database.

"I'd like to say I'm sorry for the pain and suffering I caused

Philip Boudreau, his family and his friends, my family and my friends," Samson said, when given the chance to address the court.

MacDonald also took Samson's guilty plea into account in sentencing.

The Crown had sought a sentence of 12 years' imprisonment, while the defence asked for a sentence in the range of six to eight years. Samson's father-in-law James Joseph Landry was earlier convicted by a jury of manslaughter in the case and sentenced to 14 years in prison. He has filed an appeal of his sentence.

Samson's defence lawyer T.J. McKeough said if Landry's appeal is successful, they will appeal, seeking a proportionate reduction in his sentence.

CAPE BRETON POST

CHARGES

Police say man had \$20K of dope

Halifax Regional Police say a man is facing charges for allegedly having more than \$200,000 worth of marijuana on him.

Acting on a tip, police say the man was arrested for possession for the purpose of trafficking around 7:30 p.m. Monday on Portland Street in Dartmouth.

The amount of dope he allegedly had with him was estimated to have a street value of \$210,000, a police release states.

After the arrest, police searched a residence on Andrea Lynn Avenue in Waverley and allegedly seized cannabis marijuana, oxycodone tablets and drug paraphernalia.

Kendell Andrew Fralick of Waverley is due in Dartmouth provincial court on Tuesday facing three counts of possession for the purpose of trafficking and a single count of possession of marijuana. METRO



Every day I live with regret this incident happened.

Dwayne Samson told the court prior to being sentenced

Downtown Halifax Planning Meeting and Discussion

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SEPTEMBER 23



DHEEPAN

Wednesday, Sept. 23, 7:00PM – Park Lane, Theatre 8

Dheepan est un combattant de l'indépendance tamoule, un Tigre. La guerre civile touche à sa fin au Sri Lanka, la défaite est proche, Dheepan décide de fuir. Il emmène avec lui une femme et une petite fille qu'il ne connaît pas, espérant ainsi obtenir plus facilement l'asile politique en Europe. Arrivée à Paris, cette « famille » vitote d'un foyer d'accueil à l'autre, jusqu'à ce que Dheepan obtienne un emploi de gardien d'immeuble en banlieue. Dheepan espère y bâtir une nouvelle vie et construire un véritable foyer pour sa fausse femme et sa fausse fille. Bientôt cependant, la violence quotidienne de la cité fait resurgir les blessures encore ouvertes de la guerre. Gagnant de la Palme d'or au Festival de Cannes 2015.

Dheepan is a Sri Lankan Tamil fighter, a Tiger. As the civil war draws to a close in Sri Lanka, defeat is at hand, and Dheepan decides to flee. He takes a woman and a little girl, whom he doesn't know, with him, hoping this will make it easier to get political asylum in Europe. Once in Paris, this "family" struggles along, living in one shelter after another until Dheepan gets a caretaker's job in a housing project on the outskirts of the city. Dheepan hopes to build a new life and to create a real home for his fake wife and daughter. However, soon the everyday violence of the housing projects causes the still open wounds of the war to resurface. Winner of the Palme d'or at the 2015 Cannes Film Festival.

In English, Tamil & French with English subtitles

unis.tv



DALHOUSIE UNIVERSITY

Director: Jacques Audiard

Writers: Jacques Audiard, Thomas Bidegain, Noé Debré

Producer: Pascal Caucheteux

Cast: Jesuthasan Antonythasan, Kallieaswari Srinivasan, Claudine Vinasithamby, Vincent Rottiers, Marc Zinga, Franck Falise, Sandra Murugiah

Country: France

Runtime: 109

WEDNESDAY, SEPTEMBER 23 ONLINE BOX OFFICE ATLANTICFILM.COM AND TICKETPRO.CA ATLANTIC FILM FESTIVAL

	10 AM	10:30 AM	11 AM	11:30 AM	NOON	12:30 PM	1 PM	1:30 PM		4 PM	4:30 PM	5 PM	5:30 PM	6 PM	6:30 PM	7 PM	7:30 PM	8 PM	8:30 PM	9 PM	9:30 PM	10 PM	10:30 PM	11 PM	11:30 PM	MIDNIGHT	12:30 AM
PARK LANE THEATRE 4			Gulbord S'en Va-l-en Guerre (My Internship in Canada) Runtime 105 minutes 11:00AM Page 83												Grandma Runtime 78 minutes 6:30PM Page 28					Labyrinth Of Lies Runtime 134 minutes 9:00PM Page 54							
PARK LANE THEATRE 5			T-Rex Runtime 59 minutes 10:15AM Page 83								Our Little Sister Runtime 120 minutes 4:15PM Page 66				The Boy And The Beast Runtime 110 minutes 7:15PM Page 60					L'empreinte Runtime 88 minutes 10:00PM Page 70							
PARK LANE THEATRE 6			20 Moves Runtime 78 minutes 10:00AM Page 83												The Look Of Silence Runtime 113 minutes 6:15PM Page 71					The Forbidden Room Runtime 130 minutes 8:45PM Page 62							
PARK LANE THEATRE 7			Viewfinders Shorts Runtime 52 minutes 10:30AM Page 84								Peggy Guggenheim: Art Addict Runtime 94 minutes 4:00PM Page 72				AFCOOP FILMS 20th Anniversary Screening Runtime 95 minutes 6:45PM Page 52					North Mountain Runtime 78 minutes 9:15PM Page 37							
PARK LANE THEATRE 8											Reel East Coast Showcase 4 Encore Runtime 65 minutes 4:30PM Page 44				Dheepan Runtime 102 minutes 7:00PM Page 23					Everything Will Be Fine - 3D Runtime 110 minutes 9:45PM Page 61							

GALA

SPECIAL PRESENTATION

ATLANTIC FILM

FEATURE FILM

DOCUMENTARY

SHORTS

VIEWFINDERS

HUMAN TRAFFICKING

N.S. man detained in Colombia

Colombian authorities say they have arrested a Canadian boat captain for allegedly transporting 28 illegal Cuban immigrants, including two babies.

Authorities identified the man as Glenen Ross from Nova Scotia and say he was caught Sunday night near the Caribbean city of Cartagena during a routine inspection of

his Canadian-flagged vessel.

Authorities said in a statement that the vessel was heading to Panama.

Authorities said the boat's passengers had entered Colombia from Ecuador, one of the easiest travel destinations for Cubans looking to leave the communist-governed island.

THE CANADIAN PRESS

+ VICTIM COUNT

Colombia this year has detained more than 4,700 apparent victims of human trafficking — the majority of them Cubans.

Canada's embassy in Bogota declined to comment on the incident.

COURT

Mom of alleged killer makes plea

A Cape Breton mother charged with being an accessory after the fact to a murder allegedly committed by her son, entered a plea of not guilty Monday.

Jennifer Lynn Chisholm, 45, of Ben Eoin, allegedly received a black leather biker's vest from her son Brandon James Berthiaume knowing that Berthiaume had committed a murder.

Berthiaume, 25, is charged with first-degree murder in the shooting death July 25 of Brandon Kelly in Reserve Mines. He also faces a second charge of attempted murder by firing shots at a second person.

During a provincial court appearance Monday, Chisholm elected to be tried by a Supreme Court judge and jury.

She is scheduled to return to court April 11 for a preliminary hearing. A judge presiding over such a hearing will determine if there's enough evidence to send the case to trial.

Chisholm continues her release on conditions, which includes having no contact with her son who remains on remand.

THE CAPE BRETON POST

IN BRIEF

New Glasgow introduces fine for feeding wild animals

It's official: Residents could be fined for feeding wild animals in New Glasgow.

Council passed their Feeding of Wild Animals Bylaw at a meeting Monday night, which could see people fined up to \$1,000.

It reads, "No person shall feed one or more wild animals in any place in such a manner or to such an extent that doing so causes or may cause an unreasonable interference with another person's use and enjoyment of his or her property or of a public place."

The law states that a wild animal is any that is not domesticated.

The motion was first brought forth at a meeting on July 27 by Coun. Trudy Vince, who noted that residents are concerned about

the large numbers of deer in town.

She said she was told by the Department of Natural Resources two factors will decrease the deer population: a harsh winter and people not feeding them.

CAO Lisa MacDonald said after the vote on Monday that no one would be penalized for having bird feeders.

THE NEW GLASGOW NEWS



Chase the Ace fever continues to increase as once again thousands of people made their way to Inverness on Sept. 12 in hopes of capturing winnings that will be worth more than \$1 million. CAPE BRETON POST

Jackpot within an ace of reach

INVERNESS

Organizers mark Oct. 3 as final draw for fundraiser

If the chase for the ever-elusive ace doesn't end at Saturday's upcoming event in Inverness, a winner will be declared for sure next week.

Organizers have decided to make Oct. 3 the final draw for the wildly popular fundraiser, if necessary. That means if no one wins the jackpot this coming Saturday, tickets will keep being drawn at the Oct. 3 event until the ace of spades is selected. There are six cards left in the deck, and the jackpot now sits at \$884,147.

"It all has to do with the growing demand on the types of resources we have available

to accommodate that demand. Public safety is at the bottom of that," said committee chair Cameron MacQuarrie.

"We would like to see it go to its natural end obviously, because it benefits the organizations that are putting it on and the whole community benefits with the influx of people every Saturday ... but there's a cost.

"We're at a very critical junction. We take our advice from the agencies that support us and help us to keep things secure and safe.

They've been telling us for the past couple of weeks that they're reaching their limits."

If the event reaches the final date on Oct. 3, the ticket winner will receive a 20 per cent prize and if they pick the ace, they'll take the jackpot as well.

However, if the ace isn't picked, another ticket will be drawn for a chance at the ace.

+ EVENT INFO

• **What:** Inverness Chase the Ace

• **When:** Saturday, Sept. 26. Tickets on sale from 12-5 p.m. Draw at 6 p.m.

• **How much:** Jackpot now sits at \$884,147. Six cards remain. Tickets are three for \$5 or a multi-colour book for \$20.

If the ace is picked, they'll win the jackpot. If not, a consolation prize of \$25,000 will be awarded. The process will continue that day until someone selects the ace of spades.

An additional venue has been added for ticket sales starting on Saturday.

Also starting on Saturday, the ticket draw will be held at the arena rather than the legion hall. The change is to help ease pedestrian traffic and congestion on Central Avenue.

The Inverness Chase the Ace fundraiser began 47 weeks ago. At the last ticket draw on Sept. 12, \$941,034 was spent on tickets.

THE CAPE BRETON POST



We take our advice from the agencies that support us and help us to keep things secure and safe. They've been telling us ... that they're reaching their limits.

Committee chair Cameron MacQuarrie

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Actor portrayals.

NBL of Canada expands, adds Cape Breton team

BASKETBALL

Franchise is the second from Nova Scotia to join league

Cape Breton will see a professional basketball team playing out of Centre 200 in Sydney, beginning on Boxing Day.

The league will see the Cape Breton-based team of 12 players compete in 40 regular season games from late December to May. The playoff rounds will continue into June.

Magley said the team would have a salary cap of \$150,000. Total annual operating costs to run the team would be in the \$750,000 range, he said.

The team would need, on average, 1,500 spectators in the stands each game in order to break even, he said.

Local businessmen Parker Rudderham has invested in the team, but indicated he



Halifax Rainmen's Forrest Fisher drives to the basket over Moncton Miracles' Shamus Ferguson during a regular season NBL game at the Scotiabank Centre. The league will soon have a Sydney-based club. JEFF HARPER/METRO

has no interest in becoming a majority owner.

Another businessman, Marty Chernin, who has amassed

most of his wealth in real estate, has also joined the ownership group.

Levingston said he would

be approaching other potential investors over the next 18 to 20 days to fully finance the team.

Ideally, he said he'd like to see a "group of 10 guys" with a financial interest in the team.

The team will be known as "Cape Breton," but the rest of the name is open to a public contest. The name of the team and who will coach it will be made public on Oct. 15.

There is no word on the price of tickets or the cost of a season package.

Cape Breton will join Halifax's NBL of Canada franchise as Nova Scotia's representatives in the league.

Centre 200 purchased a hardwood floor for basketball a few years ago in the hope it could attract regional or national tournaments.

Centre 200 general manager Paul MacDonald said a basketball floor is considerably smaller than a hockey surface. With a number of on-floor seating available, it creates a "more intimate" feel in the arena, he said.

CAPE BRETON POST

RAIL LINE

Viability report due out Friday

Nova Scotia's transportation minister says three highly anticipated studies examining the future viability of a freight rail line in Cape Breton will be released Friday.

Geoff MacLellan says the decision was made today in a meeting with the government committee tasked with looking at the possibility of saving the line.

MacLellan says the release of the reports will provide the public with the information to prompt more discussion about what should be done next.

He says the release of the reports does not commit the province to further action or possible financial support for the railway.

The studies examine shipping by rail as opposed to truck, the amount of money it would take to upgrade the rail line, and the economic opportunities resulting from having a rail service. THE CANADIAN PRESS

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about



VOTER PROFILE

Name: Jerilynn Webster **Age:** 30 **Riding:** Vancouver East
Her issues: Missing/murdered women, environment, refugees, youth in care, reconciliation with First Nations

Spitting fire in search of 'true reconciliation'



ROSEMARY WESTWOOD
in Vancouver

Jerilynn Webster is, in her own words, killing this interview.

"I'm on fire!" she says, dancing in her seat at a Vancouver café. "Comin' correct, Ashley Callingbull-styles. I'm charged up. Hashtag Drake-styles. I'm Drake. Conservatives, you're Meek Mill."

The 30-year-old rapper — who goes by JB the First Lady — is listing her top five election issues, punctuating each point by looking me dead in the eyes, holding my gaze for a beat of silence.

The list goes like this:

1. A missing and murdered Indigenous women's inquiry. "If it was any other race, there would be something done about it," she says. "The Conservatives said they don't feel like there needs to be any information, or inquiry. I want someone who's going to push for it."

2. Environmental policy. "Someone who's not into selling, ruining the land, or

poisoning the waters. Someone who is for protection. Someone who is for sustainable energy." In the midst of global warming, this election, she says, "is for Mother Earth."

3. Welcoming refugees. "No humans should be 'illegal,'" she says, and mentions Alan Kurdi, the boy found on the shores of Turkey. "We're responsible for deaths like that, especially if we live in a place where there's abundance. We need to make sure that's accessible for children."

4. Youth in care. Over half of all kids in provincial care in B.C. are indigenous. Webster wants that to change. She compares the situation to the residential school system, and wants more support for children transitioning out of government care, too. "We need to take care of our children."

5. Reconciliation with indigenous Canadians. This is an overarching issue, she says. "True reconciliation — there would be justice for all categories."

I tell her it's clear she's

thought a lot about what she wants. "Girl, someone pay for my campaign!" she says.

Webster, who is part of the group Enter Tribal, released her first album in 2008. She says hip hop is a modern evolution of her people's oral-history tradition. Storytelling is a responsibility.

"And I don't take it lightly."

Her voice is her politics, and her politics — she's at pains to note — are her own, not a token representation of other indigenous people, some of who don't believe in voting. She sees voting as resistance: "My grandmother was not allowed to vote. My grandfather was not allowed to vote. And now I can research, and I can ask questions. Push back. Push forward."

"The reason we have missing and murdered aboriginal women, environmental problems, is because the genocide is still happening."

Rosemary Westwood is travelling across the country talking to young voters.

Not just jobs — quality jobs

ECONOMY

Young people struggling to find meaningful well-paid work



Michael Woods
Metro | Ottawa

It's a situation familiar to many young Canadians: graduate from university or college with a mountain of debt, find low-paying, precarious employment, and be squeezed when it's time to buy a house or start a family.

Today's 25-to-34-year-old earns thousands of dollars less for full-time work today than in 1976, and skyrocketing housing prices disproportionately favour older Canadians.

Governments aren't helping. Federal and provincial governments combine to spend over \$33,000 per person over 65, but spend less than \$12,000 per person under 45, according to the calculations of Paul Kershaw, a professor at the University of British Columbia and founder of Generation Squeeze, a national non-profit building a lobby group for younger Canadians.

"It might be OK to have that big gap if young Canadians were doing wonderfully in the marketplace, but we're not," Kershaw says. "Things have gotten much worse for us compared to a few decades ago."

For many, the cycle starts with post-secondary education. Canadians are graduating with record levels of debt: national average tuition fees have increased more than 155 per cent, adjusted for inflation, from 1990 to 2014, according to the Canadian Federation of Students.

Rebecca Blakey, 26, an Ottawa native who now lives in Edmonton, has an undergraduate and master's degree in English. She worked jobs in the manufacturing and non-profit sectors before her current job as an administrator at the University of Alberta.

She has a student line of credit that she's been paying off for four years, and will be for another three. And she's tired of the rhetoric

ment rate — those in precarious, part-time work or lower-paying jobs not in their field, makes up another 29 per cent.

So what would the federal political parties do about it? In the past month, the two main opposition parties have released plans to address youth unemployment.

The NDP pledges \$200 million over four years to help create more than 40,000 jobs, paid internships and co-op placements for youth, as well as to crack down on unpaid internships. The Liberals promise \$1.3 billion over three years, including \$300 million annually for a youth employment strategy.

Kaylie Tieszen, an economist at the Canadian Centre for Policy

Alternatives, said those proposals are "great, but they're just a step in the right direction."

She points out that the co-op placements and internships promised in the platforms would be entry-level, resumé-padding positions of little use to many underemployed young people, whose resumé are already great. The problem, she says, lies in helping young workers move past low-level jobs into quality, full-time work.

"I'd really like to see a bigger-picture plan here, where we're looking at creating youth jobs, but also looking at building better jobs so that youth who are underemployed can move into jobs they've studied for," she said.

I take to heart this notion that desperate people make ideal workers and distracted citizens.

Rebecca Blakey, 26

"A lot of people, especially people in older generations, are like: 'What it takes is for you to just get a good job,'" she says.

"It's all fine and well to say everybody needs jobs, but what are the conditions that lead to those people being desperate and needing those jobs?"

Indeed, the youth unemployment rate has been above 13 per cent since before the 2008 recession, about twice the national average. But the under-employ-

BY THE NUMBERS

Millennial's burden

Research by the lobby group Generation Squeeze compares what 25-34-year-olds face today vs. in 1976. (All figures averages)

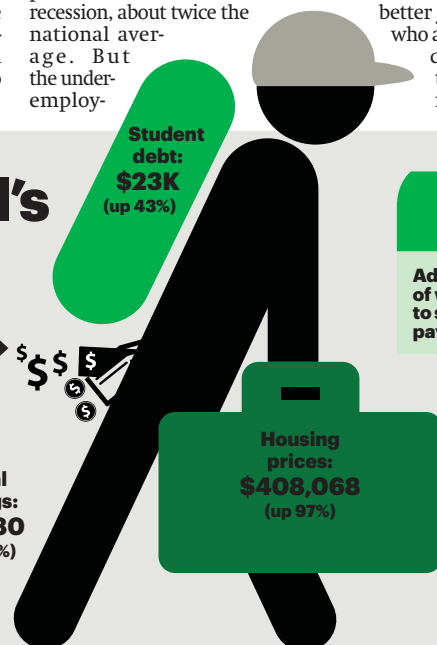
Student debt: **\$23K** (up 43%)

5

Additional years of work required to save a down payment.

Annual earnings: **\$42,480** (down 9%)

Housing prices: **\$408,068** (up 97%)



Tories regret 'confusion' on Fox

ELECTION 2015

Foundation made request for funding, Harper says

Stephen Harper defended his party Tuesday against accusations of politicizing Canadian icon Terry Fox, saying the foundation in the Marathon of Hope runner's name put forward the very ideas on cancer research funding the Conservatives announced over the weekend.

The Conservatives promised that if re-elected, they would match all donations raised during this year's Terry Fox Run, fund a cancer prevention centre in Vancouver and renew existing funding for a national treatment and prevention centre.

"In August of this year we received a request from the Terry Fox Institute and the Terry Fox Foundation for the kinds of contributions and matching funds we're setting up," Harper said.

"We fulfilled that request; I



Conservative Leader Stephen Harper speaks to supporters while campaigning Tuesday in Winnipeg. RYAN REMIOWZ/THE CANADIAN PRESS

think it's a great policy."

The Conservative announcement came in for criticism after Conservative MP James Moore described the Fox family as enthusiastically welcoming the program, which the family itself said they never did.

In an Aug. 31 letter to Harp-



We welcome you to participate at any of the 750 Terry Fox runs.

Letter to Conservatives

er, however, both organizations do make a pitch for greater financial support of cancer research.

The letter makes a specific demand — that the federal government help them expand their pilot project connecting high-performing can-



WHERE THE LEADERS ARE WEDNESDAY

• **Stephen Harper** has no events scheduled.

• **Justin Trudeau** will be in Montreal.

• **Tom Mulcair** will also be in Montreal.

• **Elizabeth May** has no events scheduled.

cer research hospitals to help them share clinical and research data.

The letter, circulated Tuesday by the Conservatives, makes no mention of the matching funds commitment nor the prevention centre in Vancouver.

It does ask for a sit-down with Harper to discuss their proposal prior to the Oct. 19 vote.

It also closes with an offer. "We invite you to show your support of our vision for a Terry Fox-designated Comprehensive Cancer Program. We welcome you to participate at any of the

750 Terry Fox Runs happening on Sept. 20 across Canada," says the letter.

"We will be happy to work with you in providing a speaking opportunity at the start of this year's run."

The Conservative party has acknowledged they might be causing some tension.

"It was mistakenly indicated that the funding requested and welcomed by the Terry Fox Research Foundation was done so on behalf of the family," the party said in a statement.

"We regret any confusion this may have caused."

THE CANADIAN PRESS

THREE HOMICIDES

City on alert as suspect sought



Joe Lofaro
Metro | Ottawa

Downtown Ottawa was on heightened alert for part of the day Tuesday as police acted on information that an armed man was headed to the capital region after three women were killed about two hours west of the city.

Security on Parliament Hill was visibly beefed up as a larger contingent of RCMP officers carrying automatic weapons pa-

trolled the front lawn under the Peace Tower.

A few blocks away, several unmarked and marked Ottawa police cruisers surrounded the entrance of Langevin Morris Smith LLP, a law firm located at 190 O'Connor St., which, according to a source, was in lockdown.

It was not clear why the office was taking the precaution or what relation — if any — it has to the suspect.

The heavier police presence in pockets of downtown was, to an extent, reminiscent of the

scene on Oct. 22, 2014, when the downtown core was on lockdown in the aftermath of the deadly shooting at the National War Memorial and inside Centre Block.

At around 2:30 p.m. Tuesday, Ottawa police arrested a 57-year-old suspect in Kinburn, Ont., just west of Ottawa.

The OPP later revealed the shooter was wanted in connection with the homicides of three women, whose bodies were discovered in different locations in Wilno, Foymont, and Kinburn Tuesday morning.

VANCOUVER ISLAND

Man decks cougar to save girl

A Vancouver Island man punched a cougar in the face Monday to rescue his two-year-old girl from its jaws.

Travis Nielsen's daughter, Bree, suffered some puncture wounds in the sudden attack, but is otherwise doing fine.

"She was crying but she's OK," said his wife, Andrea Nielsen. "She's got some small puncture wounds just above her right ear, one on her back and then a couple on her chest."

The cougar pounced while the three of them were sitting in

their backyard in Tahsis on the west side of Vancouver Island.

"(Bree) was sitting with a six-week-old puppy and we were just kind of looking at the ocean and enjoying the day and then all of a sudden from behind the shed, my daughter was attacked."

Nielsen told The Canadian Press it wasn't immediately clear what kind of animal had attacked the toddler.

"At first, we thought it was a large dog. But then we realized — after my husband pulled my

daughter out of the way and punched it in the face — that it was actually a cougar."

The cat dropped the girl and Travis Nielsen yelled at the cougar to "get out of here."

"He was still out there scaring the cougar into the forest even after the fact, once we were all safe in the house," said his wife.

Conservation officers eventually put the animal down and scoured the area for any additional big cats.

THE CANADIAN PRESS

VICTORIA

Hard drive with 3.4M files officially lost

Bureaucrats spent much of the summer rummaging through boxes in a secret Victoria warehouse, searching for a hard drive containing 3.4-million records of British Columbia and Yukon students and teachers.

The hard drive is now officially lost, said Technology, Innovation and Citizens' Services Minister Amrik Virk on Tuesday.

He called the loss troubling and announced the province's Chief Information Officer will review the government's management of personal informa-



Any time personal information may be at risk, it is a cause for concern.

Amrik Virk

tion, adding Information and Privacy Commissioner Elizabeth Denham will conduct her own review.

"Any time personal information may be at risk, it is a cause for concern," Virk told

a news conference.

"I'm troubled to have learned that government is unable to locate an unencrypted backup hard drive that contains a variety of reports, data and information."

Virk said the government believes the risk to people is low because the hard drive does not contain social insurance numbers or financial or banking data.

But he said the unencrypted data from 1986 to 2009 includes potentially sensitive information about children

in care, teacher retirements and graduation dates for cancer survivors.

It also contains decades' worth of names, grades, postal codes and personal education numbers, he said.

The Ministry of Education discovered the drive was lost while reviewing records to ensure compliance with data-storage standards.

Virk said residents can call Service BC to find out if their information was on the drive.

THE CANADIAN PRESS

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

6 The Weeknd
The Hills

5 R.City ft Adam Levine
Locked Away

4 Macklemore ft Ryan Lewis
Downtown

3 Nick Jonas
Levels

2 Hailee Steinfeld
Love Myself

1 Justin Bieber
What Do You Mean

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WEEKDAY DRIVERS AT 7:30
MON-FRI, 9:00-10:00 PM

101.3 THE BOUNCE

1013TheBOUNCE.com 1013thebounce

PHILIPPINES

Canadians abducted from upscale resort

Gunmen abducted two Canadians, including a former mining company executive, a Filipino woman and the Norwegian marina manager at an upscale resort complex on a southern Philippine island, sparking an air and sea search by authorities, officials said on Tuesday.

At least 11 men armed with pistols and two rifles arrived on two motorboats and entered the Holiday Ocean View Samal Resort before midnight Monday on Samal Island off Davao City, military and police officials said, citing witnesses and a security video that captured part of the kidnapping.

The gunmen attempted to seize an American and his Japanese companion on one of the yachts docked at the marina, but the couple resisted and escaped by jumping off

+ TVI PACIFIC

Ridsdel still a consultant

John Ridsdel is the former chief operating officer of mining firm TVI Resource Development Philippines, a subsidiary of Canada's TVI Pacific, where he is still a consultant, a company officer said.

the boat.

Amid the commotion, Canadians John Ridsdel and Robert Hall and the Filipino woman, Teresita Flor, rushed out of their yacht and were taken. Norwegian Kjartan Sekkingstad, who was the resort's marina manager, was seized when he approached to check what was happening.

THE ASSOCIATED PRESS

INDONESIA

PETA wants monkey to own selfie rights

A macaque monkey who took now-famous selfie photographs should be declared the copyright owner of the photos, rather than the nature photographer who positioned the camera, animal-rights activists contend in a novel lawsuit.

The suit was filed Tuesday in San Francisco by People for the Ethical Treatment of Animals.

The photos were taken during a 2011 trip to the Indonesian island of Sulawesi by British nature photographer David Slater. Through San Francisco-based self-publishing company Blurb, he has published a book called *Wildlife Personalities* that includes the "monkey selfie" photos.

However, the photos have been widely distributed else-



A selfie taken by a macaque monkey in Indonesia. DAVID SLATER-COURT EXHIBIT/PETA/THE ASSOCIATED PRESS

where by outlets, including Wikipedia, which contend that no one owns the copyright to the images because they were taken by an animal, not a person. THE ASSOCIATED PRESS

IN BRIEF

Top court sets date to hear appeal in Pistorius case

Oscar Pistorius' case will be heard by South Africa's Supreme Court of Appeal on Nov. 3, when prosecutors will again press for a murder conviction against the double-amputee athlete. The court said the appeal against Pistorius' acquittal for murder for killing girlfriend Reeva Steenkamp will be heard by a panel of five judges. Pistorius was found guilty of a lesser charge of manslaughter for shooting Steenkamp.

THE ASSOCIATED PRESS

Top two leaders of ETA caught in French Pyrenees

Spain's Interior Ministry says the two current leaders of the armed Basque separatist group ETA have been arrested in the Pyrenees mountains region of France near the border with Spain. The ministry says that David Pla and Iratxe Sorzabal were detained in a rural house in the town of Saint-Etienne-de-Baigorry, a few kilometres from Spain. They are wanted in both countries on terrorism charges.

THE ASSOCIATED PRESS



Croatian police officers hold back a man in Opatovac, Croatia, Tuesday, after scuffles broke out outside a new reception centre meant to register those seeking sanctuary in Europe. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

EU deal on refugees strains group's ties

metr The Syrian Crisis

The agreement

Four nations vote against relocation plan

At a contentious meeting, European Union ministers agreed Tuesday to relocate 120,000 refugees among the bloc to ease the strains on front-line nations like Greece and Italy, which are being overwhelmed by the migrant crisis.

But in a sign of deep-rooted divisions among the bloc's 28

nations, the ministers who often reach decisions by consensus had to put the plan to a vote. And even with Tuesday's hard-won agreement, the sheer numbers of migrants already in Europe this year — over 477,900 — shows the need for much greater action and wider vision down the road.

Milan Chovanec, the Czech Republic's interior minister, said four nations — the Czech Republic, Slovakia, Romania and Hungary — all voted against the plan and Finland abstained.

The deal did not set mandatory quotas for each nation —

one of the most controversial aspects of the proposed plan. But German Interior Minister Thomas de Maiziere said the deal cut "secondary migration," in which those seeking asylum move from one country to another within Europe.

"If people are distributed in Europe, then they can't choose

what country they go to. They have to stay in the country they were distributed to," he said.

Hours before the ministers talked in Brussels, migrants scuffled with police at a transit camp in Croatia and nations in southeast Europe scolded and threatened each other as the unrelenting flow of asylum-seekers raised diplomatic tensions to a boiling point.

Tensions between Serbia and Croatia took a sharp turn for the worse, with Serbia giving Croatia an ultimatum to reopen its border — or risk unspecified counter-measures.

THE ASSOCIATED PRESS



They can't choose what country they go to ...

Thomas de Maiziere

ALASKA

Fossils of new dinosaur species found

Researchers have uncovered a new species of plant-eating dinosaur in Alaska, according to a report published Tuesday.

The animal was a variety of hadrosaur, a duck-billed dinosaur that roamed in herds, said Pat Druckenmiller, earth sciences curator at the University of Alaska Museum in Fairbanks.

Northern Alaska likely was once covered by forest in a warmer climate. The dinosaur lived in darkness for months and probably experienced snow, researchers said.

The fossils were found in

rock deposited 69 million years ago.

For at least 25 years, the fossils were lumped in with another hadrosaur, *Edmontosaurus*, a species well-known in Canada and the U.S., including Montana and South Dakota. The formal study of the Alaska dinosaur revealed differences in skull and mouth features that made it a different species, Druckenmiller said.

Researchers have dubbed the creature *Ugrunaaluk kuukpikensis*. The name means "ancient grazer" and was chosen



A handful of dinosaur bones discovered at the Liscomb Bonebed in Alaska. PAT DRUCKENMILLER-UA MUSEUM OF THE NORTH/THE ASSOCIATED PRESS

by scientists with assistance from speakers of Inupiaq, the

language of Alaska Inupiat Eskimos.

The dinosaurs grew up to nine metres long. Hundreds of teeth helped them chew coarse vegetation, researchers said. They probably walked primarily on their hind legs but could walk on four legs, Druckenmiller said.

Most of the fossils were found in the Prince Creek Formation of the Liscomb Bone Bed along the Colville River more than 500 kilometres northwest of Fairbanks.

THE ASSOCIATED PRESS



CANADA WIDE CLEARANCE

metr NEWS Business

Wednesday, September 23, 2015 15

Apple Watch fixes quirks

TECHNOLOGY

New software lets it do more but hardware stays the same

Apple Watch's new software brings useful enhancements, though it's not the same as getting a new watch.

That same watch can now do more. For the first time, non-Apple apps are able to display video and use the watch's sensors and controls. In addition, the watch now works with Wi-Fi, extending how far you can go without a phone with you. These enhancements address many initial frustrations with the watch.

But the hardware itself isn't changing, apart from some new colour and band choices. Promised battery life remains at 18 hours, something Apple will need to address in upcoming generations given that rival smartwatches are promising more. For now, you might need to buy a spare charger to give the watch a power boost while



Attendees check out the product at a company event in March. THE ASSOCIATED PRESS FILE

you're sitting at work.

The watchOS 2 update for Apple Watch arrived Monday, delayed by nearly a week as Apple fixed an unspecified bug.

To update the watch, first make sure your phone has the latest software, iOS 9. Then go to the Apple Watch app on the

phone, choose "General" and then "Software Update."

Apple's own fitness apps are smarter with Monday's update: Before, the watch displayed only current pace during runs.

Average pace is more useful, as it factors in the occasional errant readings. The watch

finally lets you choose that instead, though you need to dig in the settings on the phone to change that.

The watch tracks mile-by-mile splits for the first time, matching what many apps, the Fitbit Surge and the Microsoft Band offer. It's not the same as

choosing your own splits manually, such as after each lap on a track. But it's progress. The splits aren't displayed on the watch, though, but in the Activity app on the phone after you sync your workout.

The nagging reminders that you need to stand up if you've been sitting at your desk for too long can be paused if you happen to be on a flight or a road trip. And it's clearer whether you've already earned credit for standing during a given hour. A blinking blue bar appears in the Activity app on the watch if you haven't yet.

You also have more choices for watch faces: Choose photos of your kids or friends to appear on the main watch screen. Or choose time-lapse video from one of six cities. At 10 p.m. your time, you see what Paris or Shanghai looks like at 10 p.m. local time. It's cheaper than a flight. When charging, the watch functions like an alarm clock on a nightstand.

Beyond that, the watch update lets you reply to email and set more than 12 friends as favourites.

THE ASSOCIATED PRESS

IN BRIEF

Groupon to cut 1,100 jobs as it shrinks global ops

Groupon is cutting 1,100 jobs in the coming year, roughly 10 per cent of its workforce. The e-commerce and online deals company said in a blog post Tuesday that the cuts are mainly in its international business. Having already closed its operations in Greece and Turkey, Groupon said it is also leaving Morocco, Panama, the Philippines, Puerto Rico, Taiwan, Thailand and Uruguay. The company said it wants to focus on fewer countries.

THE ASSOCIATED PRESS

market minute

	DOLLAR	75.43¢ (-0.07¢)
	TSX	13,491.09 (-288.35)
	OIL	\$46.36 US (-60¢)
	GOLD	\$1,124.80 US (-\$8.00)
NATURAL GAS: \$2.577 US (+0.4¢)		
DOW JONES: 16,330.47 (-179.72)		

RETAIL

Mac's stores being renamed Circle K

Alimentation Couche-Tard is retiring the 54-year-old Mac's convenience store brand as it unites under the Circle K banner in most areas of the world.

The change has been in the works for more than two years and follows several acquisitions that have added different brands to the Quebec-based company since 1980.

CEO Brian Hannasch said the change will accelerate the introduction of new products such as its house-brand coffee

across the network.

The company, which will keep its Couche-Tard banner in Quebec, will begin rolling out its Circle K brand to other parts of Canada in May 2017, following rollouts in the U.S. and Europe that begin next year.

Mac's Milk Ltd. was founded in 1961 by Ontario businessmen Ken and Carl McGowen. It changed to Mac's Convenience Stores in 1975, after being taken over by Silverwood Dairies. THE CANADIAN PRESS

IN BRIEF

VW scandal widens

Volkswagen AG's emissions scandal crisis escalated Tuesday as the company issued a profit warning, set aside billions to cover the fallout and lost billions more in market value. The developments came as Volkswagen stunningly admitted that some 11 million of its diesel vehicles worldwide contain software that evades emissions controls, not just the half a million revealed by the U.S. Environmental Protection Agency. THE ASSOCIATED PRESS

Peanut exec gets 28 years

Before he was led from the courtroom en route to prison, Stewart Parnell apologized years after his company's peanut butter spawned a deadly outbreak of salmonella poisoning in 2009 blamed for killing nine people and sickening 714. A judge Monday sentenced the 61-year-old former Peanut Corporation of America owner to 28 years in prison. It's the harshest criminal penalty ever for a U.S. producer in a food-borne illness case. THE ASSOCIATED PRESS

ECONOMY

RBC sees growth slowing even more

Ongoing weakness in the energy sector has prompted RBC Economics to downgrade its latest forecast for the Canadian economy.

It says Canada's real GDP is projected to grow 1.2 per cent this year — down from its June prediction of 1.8 per cent.

However, RBC says while the economy contracted mildly in both the first and second quarters of 2015, the depth of the decline was marginal and the weakness was concentrated

mostly in the energy sector.

Provincial economies continue to be divided between oil producers and oil consumers, with the fallout from plunging oil prices significantly lowering the outlook for economic activity in Newfoundland and Labrador, Alberta and Saskatchewan. RBC says the prospects for Ontario, British Columbia, Quebec are brighter, as well as for most of the other oil-consuming provinces.

THE CANADIAN PRESS

BEVERAGES

Coca-Cola discloses funding for group soft on sugary drinks

Coca-Cola disclosed Tuesday that it spent \$118.6 million US on health research and partnerships in the United States over the past five years, including funding for a group that was criticized for downplaying the role of sugary drinks in fueling obesity.

The world's biggest beverage maker had vowed last month to be more transparent about the various health programs and messaging it funds. The pledge came after a New York Times story detailed the company's

financial support for the Global Energy Balance Network. The story said the group promotes the idea that people are overly fixated on how much they're eating, rather than how much they're exercising.

In a video announcing the network, one of the group's leaders had said the media focuses on "eating too much, eating too much, eating too much — blaming fast food, blaming sugary drinks, and so on."

Some health and nutrition

We understand that our efforts in dealing with the obesity epidemic are not seen as credible.
Sandy Douglas, Coca-Cola North America

advocates say it has become common for food companies to try deflecting criticism about their products by talking about the need for more physical activity.

The maker of Sprite, Dasani and Powerade said its transparency effort will start in the U.S.,

and expand internationally.

"We understand that our efforts in dealing with the obesity epidemic are not seen as credible, so we must — and want to — do better," said Sandy Douglas, president of Coca-Cola North America, in a statement Tuesday.

In a post on its website, Coca-Cola said it spent \$21.8 million US on scientific research since 2010. It also spent \$96.8 million US on "health and well-being partnerships," including payments to dozens of dietitians and others who share their views with the public.

In March, The Associated Press reported that Coca-Cola had worked with fitness and nutrition experts who each suggested a mini-Coke or mini-soda as a snack in columns for

American Hearth Month in February. The pieces appeared on nutrition blogs and other sites.

The Global Energy Balance Network previously had not listed its funding source on its website, but posted it after Freedhoff pointed out the oversight to the group. The network has said that the suggestion that its work promotes "the idea that exercise is more important than diet in addressing obesity vastly oversimplifies this complex issue."

THE ASSOCIATED PRESS



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CANADA WIDE CLEARANCE

metr VIEWS

Rock on: A new method of extracting water from asteroids could make long-haul spaceflight real — though not everyone agrees the whole universe should be ours to mine for resources.

THOMAS WALKOM: ON FAILURE IN IRAQ AND SYRIA

Persuading locals to fight the West's wars is a traditional strategy in the Middle East ... but this one isn't working.



How is Canada's war in Iraq and Syria going? I put that question to veteran Middle East journalist Robert Fisk.

His answer: Badly. Fisk is Middle East correspondent for Britain's Independent newspaper. He's been covering the region for more than 35 years. Based in Beirut, he goes regularly into Syria. Earlier this year, he spent nine days travelling along the front lines of that country's bitter civil war.

Right now, he's on a whirlwind, cross-country lecture tour organized by Canadians for Justice and Peace in the Middle East. On Thursday, he'll be speaking in Toronto. I caught up with him by phone earlier this week in Victoria, B.C.

Fisk calls the U.S.-led bombing campaign in Iraq and Syria "preposterous." America, Canada and other nations taking part claim to be targeting so-called command and control centres of the Islamic State (ISIL). But in this war, he says, such centres simply don't exist.

"I don't think the U.S. is serious," he says. "Very occasionally, you can hear the

Attempts to train so-called Syrian moderates have flopped miserably. A top U.S. general admitted ... only "four or five" American-armed rebels are still fighting ISIL. The aim had been to train 5,000.

rumble of American bombs. But they're certainly not having much effect."

Nor is he optimistic about Western efforts to train Iraqi, Kurdish and Syrian ground forces to fight the Islamic State.

Persuading locals to fight the West's wars is a traditional strategy in the Middle East, he notes. But this one isn't working.

Iraqi Kurds, including those trained by Canadian

likes of which we've never seen before."

But he does say the solution lies in the geopolitics of the region and the four-year-old Syrian civil war.

The roots of that civil war began when thousands of the country's rural poor, dispossessed of their land by drought and inept government policy, began to migrate into the suburbs of major cities like Damascus.

It was a volatile mixture

foreign policy to rethink the country's Middle East strategy.

Both Al Qaeda and the Taliban had been nurtured ideologically on Saudi Arabia's strict Wahabi version of Sunni Islam. Fisk speculates that America is getting ready to draw away from Sunni Gulf states and instead re-forge its historic ties with Shiite Iran.

This is the context for the spectacular and unexpected rise of yet another Wahabi-inspired fighting group — ISIL.

To Fisk, ISIL is not an ideological movement, however misguided. Rather, it is an emotionless machine — a weapon designed to counter any American shift toward Shiite Iran.

Whose weapon? He didn't exactly answer that question. But he did say that peace can come only when Gulf states such as Saudi Arabia and Qatar make clear to ISIL that the game is over.

As for the Syrian civil war that is driving the current refugee crisis in Europe, Fisk reckons that Russia, Iran and the U.S. are already trying to work out a deal.

Syrian dictator Bashar Assad will probably be allowed to stay in power for a while. The key to ending the violence inside Syria, however, will be a massive reconstruction effort involving aid to the dispossessed.

In the meantime, he says, the U.S.-led war to which Canada is contributing serves no useful purpose. "Abandon it," he says. "It's not doing any good."

Thomas Walkom is a national affairs writer for the Toronto Star.

URBAN ETIQUETTE ELLEN VANSTONE



Two people in my office are having an affair. It's against the rules. Should I tell them I know?

Dear Ellen,

I just found out two people in my office are having an affair, which is against the rules. I don't want to report it, but should I tell them I know?

Teri, Halifax

Dear Teri,

Could you be any more circumspect? Details! Details! And I don't mean salacious ones — it would be crass to pass along graphic descriptions of who's grinding whom up against the supply closet.

Before I can give advice, I need to know more about these rules. Unless you're working in the front office of a nunnery, or all the employees are underage — in which case, there is a much more pressing issue of child labour — it's not kosher for your employer to forbid inter-office liaisons.

Not that getting intimate with co-workers is smart. Let's just say it's best to ingest food in one location, and to eliminate bodily waste products in another, different location.

Nor does it mean there should be no rules at all. A workplace should make it clear senior staff are forbidden intimate relationships with juniors, and especially with any employee who directly reports to them. The reasons are endless: The power imbalance might make the junior employee feel coerced, the junior employee might exert

their own sexual power to get favours from the manager. Other employees may assume the junior employee is getting special treatment and resent it.

Finally, if by "affair," you mean one or both the participants are married, then you do have a problem. Just knowing about it can make you feel implicated in lies, which isn't good for morale or the soul.

And yet, people fall in love, sometimes with people they shouldn't. You can't force nature, or human nature, to behave just because you said so. If you're dealing with two people who are truly in love, scrupulously respecting the hierarchy at the office and discreetly pursuing a relationship, that's nobody's business. Not so if you're being subjected to distasteful displays of workplace lust. As a general rule, try to stay out of either situation. It's like dealing with disgusting items in the work fridge or disgusting messes in the company bathroom: You just gotta grit your teeth and accept it.



TEAM WORK Canada has primarily an "advise and assist" role in the campaign against the group calling itself Islamic State. In May the prime minister visited participants in the mission conflict journalist Robert Fisk says is "not doing any good."

SEAN KILPATRICK / THE ASSOCIATED PRESS

soldiers, have held their ground. But they have not been able to make major advances against ISIL.

Attempts to arm and train so-called Syrian moderates have flopped miserably. A top U.S. general admitted to Congress last week that after a year's effort, only "four or five" American-armed moderate rebels are still left fighting ISIL in Syria.

The aim had been to train 5,000.

How do we deal with ISIL then? Fisk doesn't claim to know all the answers. Nor does he claim to fully understand ISIL, which he calls a "cult, the

that eventually exploded into a social revolution pitting the poor against the urban middle class.

At about the same time, the U.S. was beginning to rethink its approach to the Middle East. Before he was deposed in 1979, the Shah of Iran had been America's key proxy in the region.

The installation of a Shiite anti-American government in Tehran forced Washington to rely exclusively on Sunni dictatorships such as Saudi Arabia.

But the 9/11 attacks, followed by the war against Afghanistan's Taliban, caused some in the upper echelons of American

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Everybody's done it like he did it

FOOD

Drake is just one of many Canadian celebs getting in the eatery biz

Melissa Dunne
For Metro Canada



Beyoncé dropped a surprise album, now Drake has dropped a surprise restaurant.

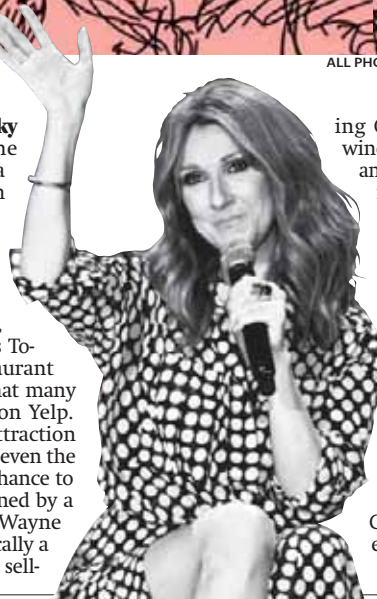
The rapper reportedly rolled up in a Rolls-Royce to his star-studded party for Fring's in the heart of The Six Monday night. Details are scarce, but Fring's is said to be a collaboration with celebrity chef Susur Lee and his two sons, who are relatively new to the restaurant game.

Toronto's very own follows in the footsteps of several fellow Canadian entertainers who gotten into the brutally competitive food business over the years, with many getting burned in the process. But, hey, YOLO, right?



ALL PHOTOS: INSTAGRAM/GETTY IMAGES. ILLUSTRATION BY FERNANDO CICCOTOSTO

Wayne Gretzky
The Great One reportedly has a minority stake in a dining room, sports bar and rooftop patio steps away from the Rogers Centre called, um, Wayne Gretzky's Toronto. The restaurant doesn't have that many great reviews on Yelp. But, the main attraction isn't the food, or even the drinks, but the chance to be in a place owned by a hockey legend. Wayne Gretzky's is basically a shrine to No. 99, sell-



ing Gretzky-branded wine, tank tops, caps and even mugs. If the music money dries up, perhaps Drake should consider selling tees with an X through Meek Mill's face on them and The Six stickers at Fring's.

Ryan Gosling

Hey girl, did you know London, Ont.'s Ryan Gosling co-founded Tangine Beverly Hills? The restaur-

ant website, for some reason, has a closeup shot of a light bulb instead of one of Gosling's abs from that Emma Stone movie. The food at the "Moroccan hideaway in Beverly Hills" has gotten solid reviews, but over the years Yelpers have given Gosling bad reviews for not visiting the resto often enough for their taste. Likewise, Fring's customers are gonna want to see Aubrey Graham and his newly swole physique at his new King West spot like every day, every day.

Céline Dion

Charlemagne, Que.'s, Céline Dion may be back performing in Las Vegas these days, but she hasn't forgotten La Belle Province. She co-founded the mercilessly mocked Nickels restaurant chain in the '90s. Dion has

since moved on. These days, the chanteuse and her husband are reportedly part of a group who now own the iconic Schwartz's Deli in Montreal. When the delicatessen started selling its famous smoked meat in supermarkets purists were très upset. Hopefully a diss track about Fring's specialties at your local Loblaws isn't in Drake's future.

Ivan Reitman

If you want some world-famous roast chicken who you gonna call? Ivan Reitman! That's because the Canadian-bred director and actor is part of a group who own Montecito. When the well-reviewed restaurant opened last year right before the Toronto International Film Festival last year, the owners didn't shy away from celebrating some of Reitman's greatest hits. There was even a baked Alaska on the menu in homage to the Stay Puft Marshmallow Man from Ghostbusters when the downtown restaurant opened. Perhaps the Lee boys can whip up a Started From the Bottom upside-down cake for Fring's, which coincidentally happens to be only about a block away from Montecito.



FOOD

Could eating whole foods be the key to weight control?

When Meghan Telpner was diagnosed with Crohn's disease six years ago, she turned her digestive health around, she says, by swapping processed foods for whole foods and liberating herself from the tyranny of counting calories.

"If we avoid foods that went through a chemical lab or processing factory," she says, reiterating her message in The Undiet Cookbook, due out in October, "then the rest takes care of itself."

Telpner, now a holistic nutritionist, is part of a movement

among nutrition-minded folks who view counting calories — on apps, in your head, via subtracting it from Fitbit stats — as a "broken model" for determining the health of a food.

And for maintaining a healthy body weight. It's all because calories are not created equal, she says. The tiny units of energy in food — and what the body burns as fuel — behave differently depending on their source. A handful of gummy bears, for instance, may ring in at 200 calories just like a portion of avocado. But the candy will spike insulin, stress

hormones and cravings, where the fibrous fruit, which digests gradually, will just make you feel full without the crazy hunger swings.

Not to mention, Telpner says, it's easier to overindulge in foods with added salt, sugar and fat, which are engineered with the perfect "mouth feel" or "crunch" and goad us to overeat.

That logic has "nuggets of truth," experts agree, because the less processed a food — an intact grain vs. milled flour; a beet vs. granulated sugar — the more difficult it is to digest, the

longer its journey through the small intestine and therefore; the more satiated and satisfied we'll feel after eating it.

But in the final analysis, they say, any differences in the digestion between foods of the same calorie count are tiny. If you eat too much of anything — and that includes nutritious foods — you'll gain weight, says Nick Bellissimo, associate professor of nutritional physiology at Ryerson's School of Nutrition. Weight change remains a matter of "simple math:" calories in vs. calories out. TORSTAR NEWS SERVICE



There is a growing movement among nutrition-minded folks who view counting calories as a "broken model" for determining the health of a food. ISTOCK

Sweet duo, sweet new recipes

Metro Canada has teamed up with the Sweet Potato Chronicles' **Ceri Marsh** and **Laura Keogh** to bring you a week's worth of quick, easy and healthy meals. Starting Monday, we will feature a daily delicious recipe from the culinary duo. To get you ready, these busy moms lay out some of the essentials you'll need in your pantry and a handy shopping list to take to the store.

Ceri Marsh & Laura Keogh
For Metro Canada



Hi readers! We're Laura and Ceri and we're thrilled to be joining the team at Metro to bring you The Daily Meal. Creating healthy, simple recipes is something we've been doing for years on our site, Sweet Potato Chronicles, and in our own lives as parents of young kids and lovers of delicious food.

We're passionate about the benefits of real food made at home (health, savings, family bonding), but we're also acutely aware of how hard it can be to pull off (we're regularly wistful for the days of our youth when a bowl of cereal eaten over the sink could be dinner.)

To start this off right, let's talk pantries. In addition to having great, reliable go-to recipes, creating a smart, well-stocked pantry is key to being able to pull off home-cooked meals, even on the busiest nights. There's no need to reinvent the wheel every time you step in the kitchen. Here's how we do it.

How to begin

We think of a pantry as being made up by your cupboards, freezer and fridge — anywhere you keep basics.

You don't need an enormous pantry to support your cooking efforts. You just need the one that works for you and what you like to eat.

The pantry of someone who likes to bake is going to look quite different from that of someone who loves soups and stews. Start, not by filling up your cupboards, but by purging them.

Get everything out of your cabinets then give every shelf, rack and drawer a good wipe down with warm, soapy water. Critters love pantries as much as we do, sadly, and regular cleaning is the only way to keep them out.

Toss things you're not using regularly. Are you really going to bake with that candy cane syrup you got last Christmas?

If not, happy trails.

What You Need

1. In the cupboard! Oils and vinegars. You should have olive oil, a neutral oil, such as canola or grape seed, white vinegar (good for cleaning as well



LAURA

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Now that you've got the elements of your pantry together, you need to make it simple to use. Invest in an assortment of mason jars or other glass containers in large, medium and small sizes, and stickers for labelling. Taking ingredients out of their original boxes and bags and placing them into transparent containers makes it easier to see what you have and much easier to keep tidy and clean.



as eating) and a couple of flavoured versions for salad dressings, like balsamic and apple cider vinegar. Keep oils and vinegars close to your workspace but away from light and heat.

2. Canned vegetables and beans. A good selection of canned tomatoes, chickpeas,

kidney or black beans means you're already halfway to a home-made dinner.

3. Dry ingredients. Most households need all-purpose flour, but you may also want whole wheat or gluten-free alternatives. You'll want white and



CERI

Laura and Ceri say a well-stocked pantry is something every home-cooking devotee needs to keep delicious food coming on the regular. COPYRIGHT © 2013 MAYA VISNYEI PHOTOGRAPHY

brown sugar, baking powder and baking soda. Think about which starches you like and stock up on rice, couscous, oats and quinoa accordingly.

4. Salt and pepper. Keep small amounts (so they stay fresh) of these all-stars on your counter where you can reach for them constantly.

5. In the fridge! You'll want butter, milk, eggs and yogurt on hand most weeks, as well as basics like chicken or vegetable stock, Dijon mustard and mayonnaise. Onions, garlic and ginger will get many recipes started.

6. In the freezer! This is the often-forgotten hero of a rock-

solid pantry. Of course proteins like shrimp, ground turkey or beef are good to have in the freezer, but so are pizza dough, an extra loaf of bread, berries and veggies. Many nuts and seeds will last longer if they're kept in the freezer.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

QUICKMEAL



This delicious meal is ready in under 25 minutes. MAYA VISNYEI

SPINACH, SUN-DRIED TOMATO AND BASIL PENNE

Laura's weekday go-to recipe

I love knowing that I can get this delicious flavour bomb on the table in under 25 minutes.

Prep time: 5 minutes
Cook time: 15 minutes
Serves: 4

Ingredients

- 500g penne pasta
- 3 cups baby spinach
- ¼ cup diced sun-dried tomatoes (not packed in oil)
- ¼ cup olive oil
- 1 large clove garlic
- ½ cup shaved Asiago cheese, plus 1 Tbsp
- 1 handful of basil leaves (about 20), chiffonade (rolled together and then cut into long strips)

Directions

Prepare pasta according to package directions in well-

salted water.

During the last minute of cooking time, drop the spinach and sun-dried tomatoes into the water.

Reserve 1 cup of cooking water then drain pasta.

Pour drained pasta and vegetables back into pot and then mix in olive oil.

Using a microplane, grate garlic into the pasta, add in the cheese, and stir.

Loosen up your sauce by adding a tablespoon of the reserved pasta water at a time until you reach your desired consistency.

Serve the dish with basil and Asiago sprinkled on top.

ZESTY CHICKEN WITH RED BEANS AND RICE

Ceri's favourite weekend meal

This hearty dinner is great to make ahead.

Prep time: 5 minutes
Cook time: 60 minutes
Serves: 4

Ingredients

- ¼ cup flour
- 1 ½ Tbsp chili powder
- ¼ tsp salt
- ¼ tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 15 oz can of kidney beans
- 1 19 oz can of tomatoes
- ¾ cup chicken stock
- 1 cup frozen or fresh corn
- 1 cup brown rice
- Small handful of cleaned, chopped cilantro
- 1 or 2 limes, quartered

Directions

Preheat the oven to 350 degrees.

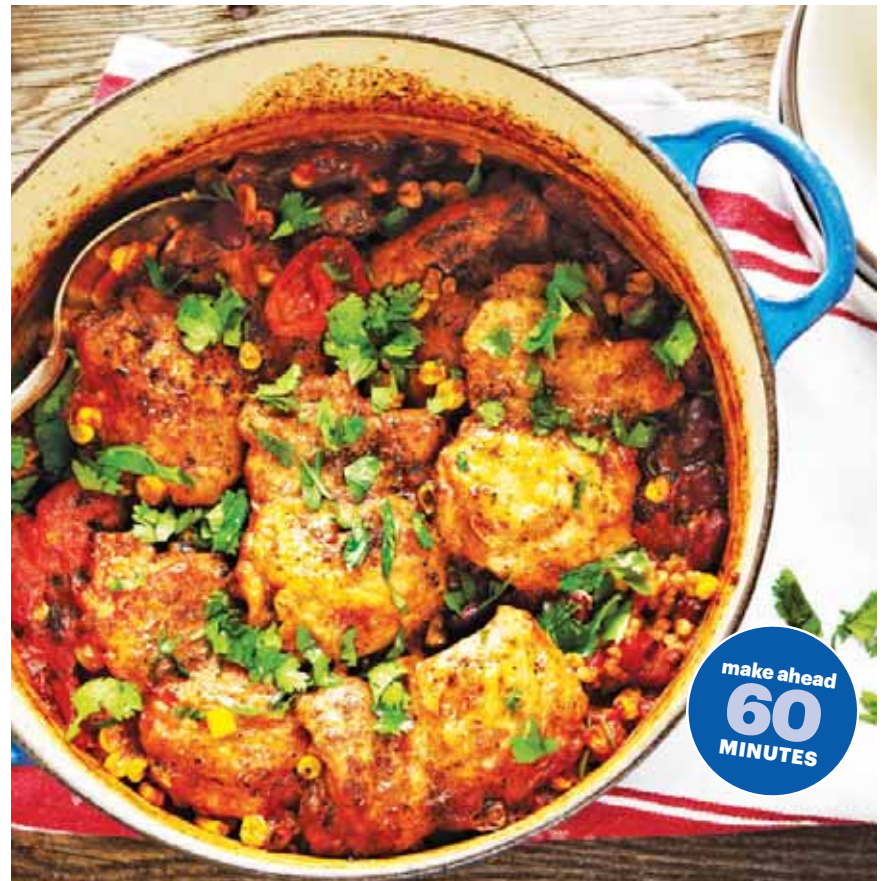
On a plate, toss together the flour, chili and salt and pepper. Dredge the chicken through the mixture.

In a large Dutch oven or oven-proof pot, heat up the olive oil to medium high.

Brown the chicken on both sides, don't worry about cooking the meat through. You may have to work in batches.

Place the browned chicken on a clean plate and put aside. Drain excess fat from the pot.

Turn the heat down a touch in your pot and add the garlic, allow it to soften up and become fragrant, but not brown.



make ahead
60
MINUTES

Few things are better than knowing this little baby is waiting in the freezer after a long day of work. MAYA VISNYEI

Add your beans, tomatoes, stock corn and rice. Give everything a stir and scrape up anything that is sticking to the bottom.

Break up the tomatoes with the back of a wooden spoon or you can use my favourite trick

and gently use a potato masher. Raise the heat again and bring the mixture to a boil.

Place the chicken pieces on top of your tomato-y mixture, cover with a lid, and place in the oven for 45 to 50 minutes.

Pull out a couple of grains of rice to be sure they're cooked.

Serve immediately with a sprinkling of cilantro and a squeeze of lime juice, or cool and place in the freezer to re-heat later.

SHOPPING LIST

Here's what you'll need for the first week of Sweet Potato Chronicles' recipes, launching in Metro Monday:

Avocado, Lettuce and Tomato Sandwich

- 4 basil leaves, torn
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 1 tomato
- 1 tsp olive oil
- 1/2 head of Boston Bibb lettuce
- 4 pieces of multi grain bread, toasted
- Sea salt

Kale Chicken Salad

- 2 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1 small head of kale
- 1 cup blueberries
- 1 cup pecans, roughly chopped
- 1/2 cup crumbled goat

- cheese
- Dressing

One Skillet Tomato Basil Chicken Pasta

- Kosher salt and pepper
- 3 Tbsps extra virgin olive oil
- 1 lb boneless, skinless chicken breast
- 4 cloves of garlic, minced
- 1 28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved parmesan cheese, more for garnish
- 1 cup fresh basil leaves

Halibut Tacos with Strawberry Salsa

- Olive oil
- 1 pound halibut fillets
- 1/4 tsp pepper
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin

- 1 tsp ground garlic
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp chopped cilantro
- 1 avocado, sliced for garnish

Mushroom Barley Soup

- 2 Tbsp olive oil
- 2 or 3 cloves of garlic, minced
- 1 onion, diced
- 2 medium carrots, peeled and diced
- 2 stalks of celery diced
- 1 lb of cremini mushrooms, brushed clean and sliced
- 2 Tbsp fresh thyme (less if using dried)
- 3/4 cup of pearl barley
- 5 cups of stock



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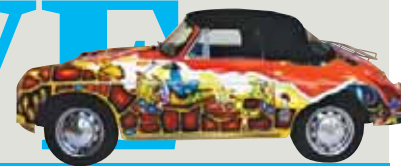
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It's time to grow up, family guy



THE CHECKLIST 2015 HONDA ODYSSEY

THE BASICS

Type. Five-door minivan
Power. 248-hp, 3.5-litre V6
Transmissions. 6-speed automatic
Price. Base \$30,250 (plus destination)

NOTABLE FEATURES

- HondaVac in-vehicle vacuum helps keep vehicle tidy
- Two infotainment screens means one function doesn't have to be closed to navigate another
- Honda LaneWatch uses camera on passenger door mirror to expand view of roadways
- Seating for eight, in relative comfort



MIKE GOETZ/FOR METRO

POINTS

- Current generation model introduced in 2011, with a major facelift in 2014
- Since 2014, hood, front fenders, and front suspension built of aluminum
- Strong seller in a declining minivan market

MARKET POSITION

- Mainstream minivan for families deep in their minivan years
- Premium and powerful V6 engine, with fuel-saving cylinder de-activation technology
- Styled to look, as much as possible, unlike a minivan

THE COMPETITION



Chrysler Town & Country
 Base price: \$44,195



Kia Sedona
 Base price: \$27,695



Ford Transit Connect Wagon
 Base price: \$27,579

REVIEW

Honda Odyssey a comfy choice for getting the group around

Mike Goetz
 For Metro Canada



There is something honourable and right about abandoning all pretence of your pre-child rearing years, and just rolling with the soccer tournament years. Live in the moment, as they say, and embrace the Pixar flicks, Happy Meals, and temper tantrums at Walmart. And nothing says you're "all in" like the minivan.

If you're ready, the minivan you should seriously consider is the Honda Odyssey. The Odyssey was not the first modern minivan — that's Chrysler's claim to fame. But the Honda version has been developed and tweaked through the years to become a long-standing Canadian favourite, with an undeniable blend of attributes for the money.

This minivan has good bones, with Honda's exemplary 3.5-litre V6 hooked up to a six-speed automatic transmission, and a multi-link rear suspension (not usually found on minivans), which contributes to it being one of the better handling and driving minivans you can buy. It's not in sports car territory, but it hides its weight and bulk well through almost all driving manoeuvres.

Two, stacked information screens dominate the front of

the cabin. This allows you to fool around with navigation, for example, while still displaying your stereo information, but it's not anywhere near driver-interface nirvana. The system is not quite intuitive, and there is some lag while you figure out which screen to consult and use, but we're pretty sure that over time familiarity will make it completely OK.

The middle seat in the second row allows for seating up to eight, and when it's not used it can slide a bit, to give rear passengers a bit more elbowroom.

I found the second-row captain chairs came out easily, but went back in less easily. If you often need your minivan for its full "devoid of seats" cargo area, a Chrysler minivan with the Stow 'n Go feature would be the way to go.

But the Odyssey really shines behind those second-row seats. The last row can seat three in relative comfort, and disappears easily and brilliantly to create a huge rear cargo area.

Odyssey is available with forward collision warning and lane departure warning systems, but the safety feature you'll probably get more use of is Honda LaneWatch, which uses a camera mounted on the passenger side mirror to throw an expanded view of that side of the roadway onto the information display.

Other features families will surely appreciate are the temperature controls for all three seating areas and an available rear DVD entertainment system.

It's the full family package, when you're ready to man/woman up.

DRIVING FORCE

The best automatic transmission is one the driver doesn't notice

Jill McIntosh
 For Metro Canada



Whenever you put your vehicle in gear, you're engaging a vital link between its engine and its wheels. Whether you have a stick shift or an automatic, you're not going anywhere without a transmission.

"The transmission transfers and multiplies the torque from the engine to the driving wheels," says Jeff Lux, vice-president for powertrain transmission at Fiat

Chrysler Automobiles. "If we only had a shaft between the engine and the wheels, you could only go so fast because the engine has a limit."

Engines make their power when internal pistons move up and down to turn a central crankshaft. Coupled to the transmission, the crankshaft's spinning motion eventually turns the wheels. That motion is measured in revolutions per minute, or r.p.m., the number indicated on the tachometer in the instrument cluster. The crankshaft spins faster on acceleration,

while the transmission's lower gears transmit maximum power to get the vehicle moving. On the highway, the transmission's higher gears maintain the vehicle's speed while the crankshaft slows down, which improves fuel economy.

As you slow down or speed up, an automatic transmission selects the best gear to keep the engine at its optimum r.p.m. With a standard transmission, the driver has to pay attention to clues, including the tachometer and the engine's sound, and shift to the appropriate gear.

Putting the transmission in Neutral disconnects it from the engine, so that even though the engine is running, no power is being sent to the wheels. The Park position on an automatic actuates a mechanism that locks the park gear and prevents the vehicle from moving.

While some automatic transmissions had only three speeds right into the 1990s, six-speed units are now among the

most common, while some of Chrysler's have eight or nine speeds. While a transmission with more gears also tends to shift more often, the engine's speed doesn't rise or fall as dramatically during the gear changes, so the process can feel smoother to the driver.

One drawback is that, on an incline, a transmission with numerous gears may shift too much as it tries to keep the engine in its sweet spot, commonly called "gear hunting." Engineers have to program the transmission's software to try to avoid the problem.

The best automatic transmission, Lux says, is one that's designed so the driver hardly notices what it's doing. "When it's shifting, people want the transmission to work and forget about it," he says. "It's like when your refrigerator is cold and you don't think about it twice."



The inside of Chrysler's eight-speed automatic transmission.
 COURTESY FCA

Toyota FT-1 concept

The FT-1 ("Future Toyota Number One") concept came about as a challenge from company president Akio Toyoda to build a car that's actually exciting, a car not watered down by committees. Interestingly, the FT-1 was built on a computer to be driven within the Gran Turismo 6 video game. Then this concept was built, which will possibly go into production as the Supra. **JEFF MELNYCHUK** WHEELBASE MEDIA

THE RUNDOWN

1 Weighty matters

Long-nose, short-tail design pushes the engine and cabin back to balance out the weight.

2 FT-1 an F1 fan

The pointy nose and lower air dam pay homage to Formula One race cars. Designed by Toyota's California design studio, Calty.

3 Layout

Front-engine, rear-wheel drive.

4 A lift

Wing raises at speed, just like with the Lexus LFA.

5 Design

Mirrors are only attached at the door.

6 Clear view

See-through hood somehow looks elegant and not junky.



Interior

- The latest iteration of the FT-1, brought out late in 2014, shows an upscale interior dressed in saddle leather, graphite colours and raw metal.
- Absence of a clutch pedal implies only an automatic transmission.

+ STAY TUNED

As a concept, there are no details on powertrain, features or price, although the FT-1/Supra will likely be a rear-wheel-drive hybrid.

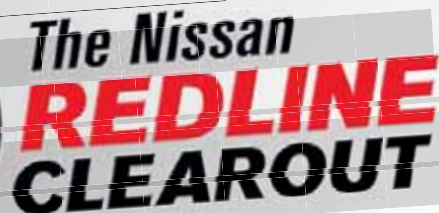
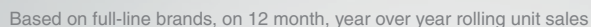
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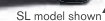
1.8 SL model shown

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Ford disputes aluminum naysayers

THE GREEN ANGLE

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FUEL ECONOMY

Aluminum costlier to fix? Not so, Ford says

The Insurance Institute for Highway Safety says tests it performed found that repairing body damage on the largely aluminum 2015 Ford F-150 pickup took longer and cost 26 per cent more than for the all-steel 2014 model. Ford said it disagrees with the insurance industry lobby group's conclusions and has been fighting a perception that it costs more to own a vehicle made largely of aluminum since before it started to roll out the 2015 model, weighing about 700 pounds less than its 2014 sibling. The idea of going with aluminum is to save weight to aid fuel economy.



SOLAR CHARGERS

On the ARC bandwagon

The California Department of Transportation is buying 11 portable EV ARC (Autonomous Renewable Charger) solar-powered electric-vehicle chargers from Envision Solar of San Diego for almost \$750,000 US. In July, Envision Solar received a one-year contract, with two one-year extensions, to supply state and local offices and departments with its moveable solar chargers.

HOW IT WORKS

Each solar charger fits inside a regular vehicle parking space and generates enough solar energy each day to power 240 kilometres of EV driving. The system maximizes its exposure to the sun through a tracking system that enables the solar-panel array to follow the sun, generating 18 to 25 per cent more electricity than a fixed unit. Built-in batteries store the free energy, allowing electric vehicles to recharge during the day or night.

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+ TRENDS AND TRANSPORT

Better economic times slow fleet age rate

The average age of cars on United States roads reached an all-time high of 11.4 years at the end of 2012, and that record held through the end of 2013. Despite reaching the new high, the rate of increase is beginning to return to "normal," reports industry trade journal Automotive News.

The average fleet age is beginning to plateau "as consumers have recovered from the great recession and have begun buying new vehicles again," said IHS Automotive analyst Mark Seng.

The automotive data house forecasts that the average age of vehicles will hit 11.6 years in 2016, but will not reach 11.7 years until 2018. "Vehicle

quality is getting better, and that's driving a longer length of ownership," said Seng.

Toyota, Hino put fuel-cell bus to the test in Tokyo

Toyota and Hino Motors have begun testing a jointly developed hydrogen-fuel-cell bus in Japan's capital city.

The test, taking place in the central and waterfront areas of Tokyo, is designed to help evaluate and improve the technology ahead of a possible market launch.

Alternative fuel usually makes the most sense for large vehicles that spend most of their time in stop-and-go traffic in urban areas where pollution is a concern and consumption/emissions are higher.



The hydrogen-fuel-cell bus.

HOME SERVICE

EV touted as gas-station freedom

British drivers are being urged to reconsider their approach to vehicle ownership and buy a plug-in electric car. Electric vehicle campaigner Go Ultra Low is leading the charge, pointing out that EV drivers might never have to visit a gas station ever again. "Why should

motorists have to go out of their way, regularly spending time at petrol stations, when it is easy to 'refuel' from the comfort of their own home, simply by plugging in an electric car?" asked Go Ultra Low president Hetal Shah. He said 90 per cent of all EV charging already takes place at home, and new infrastructure is constantly coming into use.

14,500

U.K. EV registrations grew by 14,500 in the first half of 2015.



REDESIGN

A sportier, 'delightful' Corolla

It might not be all-out charming, but the redesigned 2015 Toyota Corolla compact is now more than a penny-pinching, trouble-free economy sedan, reports web mag The Car Connection. It is "engaging and interesting in a way the previous-generation Corolla missed." Its no-frills demeanour changed a couple of years ago when Toyota added more technology and flair, vaulting it beyond its reputation "as the blandest of the compact sedan bunch." It now sports the sharper, sportier looks, quieter cabin and in-car technology "that today's small car shoppers expect," and, more than competent, is "actually delightful" at times.



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Former No. 1 draft pick Anthony Bennett and the Timberwolves have agreed on a contract buyout, according to reports

Yanks finish job in extras

MLB

Blue Jays cling to lead of 2-1/2 games in AL East

Greg Bird hit a three-run homer in the 10th inning to power the New York Yankees to a 6-4 win over the Toronto Blue Jays on Tuesday night at Rogers Centre.

With Brian McCann and Slade Heathcott aboard, Bird lined a 2-2 pitch from reliever Mark Lowe over the wall in right field for his 10th homer of the season. Andrew Miller (3-2), who blew a save opportunity in the ninth, gave up a solo homer to Edwin Encarnacion in the 10th before completing the victory.

With the win, New York (83-67) moved 2-1/2 games behind first-place Toronto in the American League East division race. The teams will play the rubber game in the three-game set Wednesday night.

New York has 12 games left to play in the regular season, one more than the Blue Jays.

The sellout crowd of 47,992 got its money's worth with a rollicking back-and-forth affair that had a playoff atmosphere.

Carlos Beltran gave New York a 3-2 lead with a solo shot in the eighth inning but Dioner Navarro answered with a solo homer of his own an inning later. The Blue Jays loaded the bases before Miller struck out Josh Donaldson to force extra innings.

Jacoby Ellsbury led off the game with a double and scored when McCann drove a pitch



Didi Gregorius tumbles after tagging out Justin Smoak at second base on Tuesday night at Rogers Centre. Smoak drove in a run on the play. TOM SZCZERBOWSKI/GETTY IMAGES

TUESDAY In Toronto

6	4
YANKEES	BLUE JAYS

off the wall for a long single. Alex Rodriguez, who reached on a walk, made it 2-0 after a sacrifice fly by Beltran.

The Yankees put two more runners in scoring position before Blue Jays starter Marco Estrada escaped by striking out Chase Headley.

Kevin Pillar put Toronto on the board in the third inning with a solo shot off New York starter Luis Severino. He belted a 2-2 pitch into the second deck for his 11th homer of the year.

Donaldson worked a lead-off walk in the fourth inning, moved to second base on a wild pitch and scored on a single by Justin Smoak.

Estrada, meanwhile, settled down after his rocky start. He retired 11 batters in a row before issuing a four-pitch walk to Dustin Ackley with one out in the seventh. THE CANADIAN PRESS

+ TULOWITZKI INJURY UPDATE

Blue Jays shortstop Troy Tulowitzki played catch Tuesday for the first time since suffering a broken left shoulder blade 10 days ago, but there's still no timetable for his return to the lineup.

"The pain has died down and I feel better each and every day," Tulowitzki said.

Tulowitzki has been sidelined since colliding with

teammate Kevin Pillar during the first game of a Sept. 12 doubleheader at Yankee Stadium. His next steps will be to try making throws on the run and resume hitting.

The five-time all-star, who throws and bats right-handed, visited a specialist in Boston last week. He re-joined the team Friday and continues to receive treatment from team trainers.

Double-E tiring the parrot

From The Edwing to walking the parrot, Blue Jays fans are creative in coming up with names for slugger Edwin Encarnacion's home run ritual.

Encarnacion, who sticks out his bent right arm and holds it parallel to the ground as he rounds the bases, appreciates the suggestions.

"If they say I'm walking the parrot, then whatever they say, I'll take it," he said recently.

The "walking the parrot" meme has become popular online, with Toronto baseball fans doctoring photos of him on the basepaths to add a parrot on his arm. Sometimes, appropriately, fans Photoshop a blue jay instead.

264

Encarnacion has a total of 264 big-league homers.

Encarnacion has been doing the so-called Edwing since April 28, 2012, when he hit a grand slam against Seattle's Hisashi Iwakuma in Toronto's 7-0 rout of the Mariners.

"When I hit the grand slam I got excited and rounded the bases from the side, turning like an airplane," Encarnacion said. "My teammates liked it and said I should keep doing it so I've kept doing it."

He has hit 142 more home runs since then, including 35 so far this season, and walked the parrot each time.

"If I keep hitting home runs I'm going to keep doing it," said Encarnacion.

THE CANADIAN PRESS



Aaron Sanchez couldn't retire either of the batters he faced on Monday night. TOM SZCZERBOWSKI/GETTY IMAGES

Help on the way to stabilize setup role

Reliever Aaron Sanchez hasn't lost his job as the Toronto Blue Jays' setup man. He'll just have some company in the role.

Manager John Gibbons said the young right-hander was told before Tuesday's game that he may instead be used earlier in the game rather than primarily in his eighth-inning spot. Veterans Mark Lowe and Brett Cecil will join Sanchez in setting up closer Roberto Osuna in the ninth.

"I'm not worried about Sanchez, (he's) fine," Gibbons said. "He's done a tremendous

“He is very confident but he's also human. He's in a little rough patch. John Gibbons on Aaron Sanchez

job for us this year, last year, that hasn't changed."

The 23-year-old right-hander had settled into the setup role nicely over the last couple months, but has struggled of late. Sanchez relieved David Price on Monday night against the New York Yankees but lasted only two batters — giving up a leadoff walk and a single — be-

fore Gibbons pulled him.

Cecil came on and gave up an RBI single before recording three straight strikeouts to get out of the jam. The Blue Jays won the pivotal game 4-2.

"He's been so good for so long," Gibbons said. "I mean, he's a baby still in the big leagues but he's had some pretty good success in that role. You pick

your spots and give him a little breathing room.

"And a good outing usually sets guys up, the good ones — that's all it takes."

Cecil struggled early in the season when he served as closer before the emergence of Osuna, but he has been tremendous in the second half. Lowe has also been strong, with his 1.53 earned-run average (entering play Tuesday) fourth-best among American League relievers. THE CANADIAN PRESS



Edwin Encarnacion RONALD MARTINEZ/GETTY IMAGES

One goalie better than two in Babcock's world

NHL

Leafs coach wants Bernier and Reimer to battle for spot

New Toronto Maple Leafs coach Mike Babcock learned his lesson about goaltenders almost 30 years ago in his first stop at Red Deer College. He split the duties between two goalies all season and into the playoffs, and the team was eliminated in the first round.

"I haven't done that since," Babcock said. "I like one guy to know he's the guy."

The same goes now for Leafs goalies Jonathan Bernier and James Reimer. Babcock wants one of them to grab the starting job and hold onto it, though he characterized it as an open competition.

Bernier, who stopped 28 of 29 shots in his pre-season debut against the Ottawa Senators on Monday night, is still the best bet to be the No. 1 goaltender. But no matter who wins the job, minding goal for the Leafs should be simpler this season.

That's because Babcock believes defenders should take care of back-door plays and other situations that make goaltenders have to guess. He wants the



Goalies James Reimer (front) and Jonathan Bernier in training. Bernier is thought to favourite to earn the solo goalie spot with the Maple Leafs. RICK MADONIK/TORONTO STAR

goalie to have a good idea where shots are coming from.

"They're trying to eliminate maybe some of the grey areas and just give guys that structure and preparation," Reimer said. "Guys are going to have their jobs of where they're supposed to be and who they're supposed to be taking, and as a goalie you can just focus on the puck and the shooter and know that your

teammates, they've got their responsibilities and all you have to worry about it yours."

Reimer said his job is just to stop the puck. In previous years it wasn't that easy.

Especially last season, the Leafs' defence struggled in front of Bernier and Reimer, opening them up to look worse than they were actually playing. As his teammates transition to Bab-

“
I like one guy to know he's the guy.
Leafs coach
Mike Babcock

cock's system, Bernier is trying to do a better job of trusting them.

"They really want me to just hold my spot and not worry about the back door, so it has been an adjustment for me," Bernier said. "Obviously, sometimes you don't trust — you need some trust into it and we need to keep working at it, but they really want me to challenge the shooter and be square to them."

Sounds pretty easy for two veteran goalies who are going into their third season as a tandem in Toronto. But with more structure in front of them, the onus is also on Bernier and Reimer to prove they belong.

Bernier is beginning a new US\$8.3-million, two-year contract, and Reimer is in the last of a two-year deal that counts \$2.3 million against the cap. Babcock has shown in his time with the Detroit Red Wings that he cares more about who plays the best than who has the bigger salary, which makes this more of a true competition than it had been in the past. THE CANADIAN PRESS

BUNDESLIGA

Lewandowski hits 5 goals in 9 minutes

Substitute Robert Lewandowski scored five goals in the space of nine minutes as Bayern Munich came from behind to rout Wolfsburg 5-1 and move top of the Bundesliga on Tuesday.

Daniel Caligiuri fired the visitors ahead in the 27th, leaving Bayern 1-0 down at the break for the third time in six games this season.

But Lewandowski came on for the second half and equalized in the 51st, put Bayern ahead a minute later, and completed his hat trick three minutes after that, when he hit the post, then the goalkeeper and kept going till he scored.

Still he wasn't done.

The Poland striker scored again in the 57th and claimed another three minutes after



Munich's Robert Lewandowski. CHRISTOF STACHE/AFP PHOTO

that, when he met Mario Goetze's cross with a spectacular scissor kick into the top corner.

THE ASSOCIATED PRESS

IN BRIEF

Griezmann double puts Atletico top of La Liga

Atletico Madrid forward Antoine Griezmann struck two goals for a 2-0 win against crosstown rival Getafe on Tuesday, helping his side take the overnight lead of the Spanish league.

Espanyol also beat Valencia 1-0 thanks to Victor Alvarez's 18th-minute header. Barcelona can reclaim the lead at Celta Vigo on Wednesday. THE ASSOCIATED PRESS

Balotelli ends goal drought as AC Milan edge Udinese

Mario Balotelli snapped a scoring slump with a beautiful free kick and AC Milan held on for a 3-2 win over Udinese in Serie A on Tuesday.

Starting for the first time since rejoining Milan on loan after a dismal season at Liverpool, Balotelli curled the ball into the top corner after five minutes and let out a rare celebratory smile.

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RECIPE Five-Minute No-Bake Granola Bars



This is Gena Hamshaw's most popular recipe from her Food52 Vegan cookbook. It's easy and adaptable. Be warned: These are very soft, not baked and crisp, so may crumble depending on your ingredients (brown rice syrup seems to bind better than agave). Just cut them smaller if they do.

Yield: 10 large bars or 20 small squares.

Ingredients

- 2-1/2 cups large-flake oats or quick oats
- 1 cup pepitas (raw green pumpkin seeds)
- 1/2 cup raisins
- 2/3 cup almond butter or peanut butter
- 1/2 cup agave nectar or brown rice syrup, plus more as needed
- Pinch fine sea salt (optional depending on nut butter)

Directions

1. Line an 8-inch square pan with parchment, foil or plastic wrap with enough to cover and hang over sides for easy lifting.
2. In large bowl, stir together oats, pepitas and raisins.
3. In medium bowl, stir together almond or peanut butter, 1/2 cup agave or brown rice syrup and salt if desired. Add to oat mixture; stir until sticky and well combined. If it's too dry to hold together, add a bit more syrup.
3. Spread mixture in prepared pan. Cover with parchment/foil/plastic overhang; press firmly to form an even layer. Refrigerate at least 4 hours to help firm up.
3. Remove from pan and transfer to cutting board. Use long, sharp knife, cut into 10 bars or 20 squares. Wrap individually in plastic. Refrigerate up to 2 weeks.

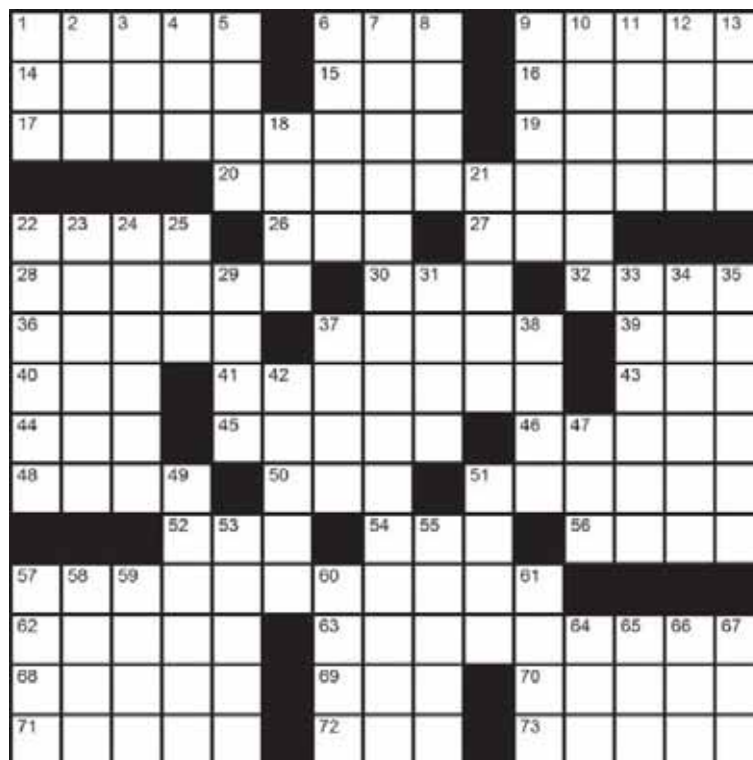
RECIPE: TORSTAR NEWS SERVICE
PHOTO: MELISSA RENWICK/TORSTAR NEWS SERVICE

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Jumbo's partner in balderdash
6. Gallery director's deg., perhaps
9. Teri of "The West Wing", and surnamesakes
14. Shake like ___ (Tremble)
15. Mr. Dykstra
16. Jeweller's eye piece
17. In-depth analysis: 2 wds.
19. Tim of "Home Improvement"
20. Detail regarding the weave of bed sheets: 2 wds.
22. Turkish title, variantly
26. Medit. land
27. Andy Capp cartoonist Mr. Smythe
28. Decorates the cake in a way
30. "Where the Boys _": 1961 Connie Francis hit
32. Long-haired mountain animals
36. Gravy globs
37. Handle
39. Mythical bird
40. Music honour, e.g.
41. Swiftly, in music
43. The Who's "Love, Reign _ Me"
44. Car advertisement fig.
45. Curls
46. Region's animal life
48. Looked
50. Alphabet's 25th letter, spelled-out
51. Meower at-



- tractor
52. Meadowlands mother
54. "Fortunate Son" gr.
56. Cliff's scary part
57. _ Street Village National Historic Site of Canada (Mennonite settlement in southern Manitoba)

- founded in 1876)
62. Ironworker's block
63. Ferocious female felines
68. Tragically Hip song that goes "Lava flowing in Superfarmer's direction..."
69. Salutes from Rocky

70. Sly shrewdness
71. 2015/09/23's one-of-two
72. Compass dir.
73. _ nerve (Eyeball attachment)

DOWN

1. Hamilton university, familiarly
2. 'Spat' suffix (Flap-

- jacks flipper)
3. 'My' in Quebec, plurally
4. _ _ _ Systems (U.K. defence contractor)
5. "The Pride _ _ _ Louis" (1952)
6. Smudges
7. Harper-Mulcair-Trudeau... Voting for it takes place October

- 19th, 2015: 2 wds.
8. 1944: Dragonwyck author, _ Seton
9. Locale
10. The study of birds' eggs
11. Humdinger
12. Welcoming
13. Faxed
18. 1982 Roxy Music tune: "More Than _"
21. Gloom, in verse
22. On fire: wds.
23. In an irritable mood
24. Tribute
25. Egyptian cobra
29. Russian ruler
31. Fiendishly 'fixes'
33. Daft Punk's " _ the World"
34. Walter _ (Chekov on "Star Trek")
35. Abrade
37. Friendly nation
38. Chesterfield
42. Bring down
47. Banqueted
49. Credits opposites
51. _ _ Raspberry (Ocean Spray flavour)
53. Language in Prince Charles' realm
55. Made a pick
57. Siestas
58. Organic compound
59. Iris' place
60. Elinor _ (British romance novelist)
61. Toy blocks brand
64. "How's it going?", fun-style
65. Don't stand
66. Yalie
67. Li'l bit of "60 Minutes"

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It may at times seem as if everything you do is dictated by other people. But even if that is true it does not mean that things won't work out in your favour. Go with the flow.

Taurus April 21 - May 21
Certain habits and routines are past their sell-by date and must be replaced. The Sun's change of signs will make it easy for you to get rid of the old and bring in the new.

Gemini May 22 - June 21
You will be eager to change things for the better and that's good. The planets indicate that whatever you start now will result in major gains for you over the coming six months. Lady Luck is on your side.

Cancer June 22 - July 23
You need to make sure that the real foundation of your existence — your home and your family life — is built on solid ground. There are some major challenges coming and you won't want to face them alone.

Leo July 24 - Aug. 23
Loved ones will know what you are thinking without being told. You will come up with some wonderful ideas about how to improve your life between now and the end of the week.

Virgo Aug. 24 - Sept. 23
This is an important time for money and business. Decisions you take over now will set the scene for months to come. Once financially secure your options will increase.

Libra Sept. 24 - Oct. 23
The Sun's move into your sign today makes all things possible. It will give new life to a project or quest and if you reach for your highest ideal you will make the kind of difference that changes the world for the better.

Scorpio Oct. 24 - Nov. 22
You may be a bit more cautious than usual but that's okay. A lot depends on how much faith you have in your own abilities; believe there is a higher power guiding your actions.

Sagittarius Nov. 23 - Dec. 21
You need to get along with other people now, because you will only achieve what you hope to achieve if you join forces with those who share your aims and ambitions.

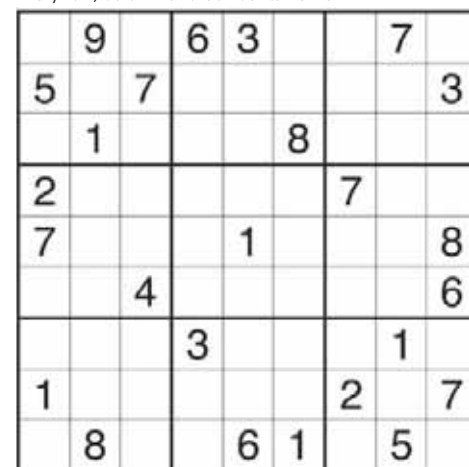
Capricorn Dec. 22 - Jan. 20
If you want to get on in the world, to make your mark in some way, now is the time to get serious about it. Your professional reputation is sure to rise but you must be prepared to step into the spotlight.

Aquarius Jan. 21 - Feb. 19
You are under no obligation to explain your actions to anyone, no matter what their position may be. No one commands an Aquarius.

Pisces Feb. 20 - March 20
Help will arrive when you need it over the next few days, but it might arrive quicker if you were not so determined to suffer in silence. Also, where finances are concerned a long-term plan is a must.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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